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BOOKS
Author gets personal about body image
metroLIFE

NDP drops ban on The Rebel, handing big critic an even bigger megaphone | **metroNEWS, metroVIEWS**

Ridership figures dip

MUNICIPAL MATTERS

Lower transit use blamed on slow economy

Helen Pike
Metro | Calgary

Calgary Transit is seeing a hiccup in ridership as the city's economy and working class weather an economic storm.

In 2015, 300,000 fewer Calgarians hopped on transit buses or the LRT. According to transit director Doug Morgan, ridership numbers began to slide in the summer of 2015. Although there was a slight dip in revenue as a result, the Calgary Transit will still recover about 50 per cent of costs (council mandates 50 to 55 per cent).

"In 2015 we saw good ridership growth until about the June time period and then we saw things slow down about the last half of the year," said Morgan. "We are seeing the impacts of the economic downturn and when we look back to 2008 we saw similar things where rush-hour traffic is just a little bit lighter."

Morgan said they will be dipping below the 50 per cent recovery mandate in 2016 because of the city's freeze on fares.

"We're always sensitive on a monthly basis when we get our ridership results in to see where we're at and try to adjust our service and respond," said Morgan.

"In 2008 to 2009 we saw a dip of about one million passengers. What we've seen in 2015 is somewhat less but certainly we're expecting it to continue in 2016. It will be, I would assume, the same magnitude — but who can predict the markets these days?"

"When there's a downturn ... we see a downturn in the ridership."

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CJ, a German shorthaired pointer, is America's top dog after winning Westminster show.

Fluoride debate resurfaces

HEALTH

Council, AHS react to study showing hike in cavity rates

Jeremy Simes
For Metro | Calgary

Alberta Health Services' Medical Officer of Health Dr. Richard Musto hopes city council goes back to the drawing board and reintroduces fluoride into Calgary's drinking water.

Musto's comments come in light of a local independent study that found the removal of the fluoride has had a negative impact on children's health.

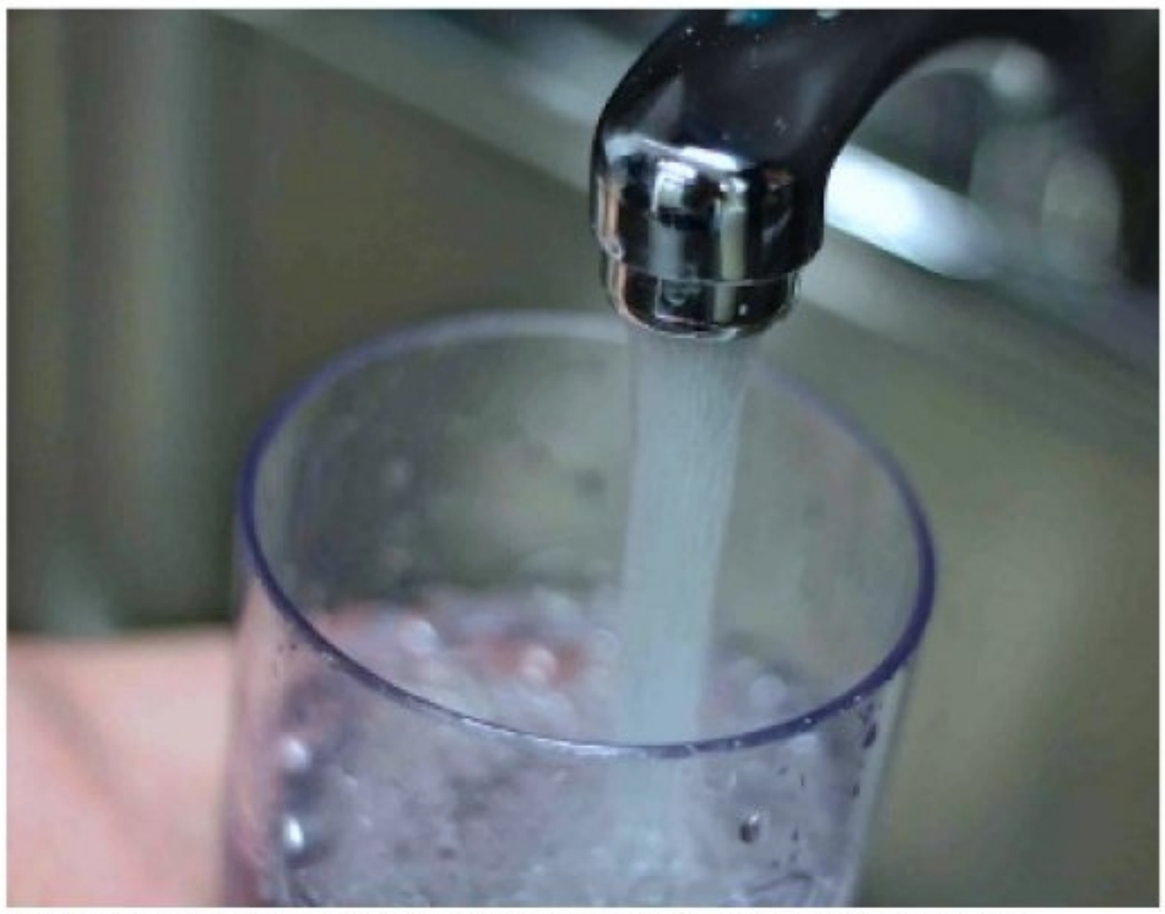
The study — conducted by researchers from the University of Calgary, University of Alberta and AHS — found cavity rates increased in Calgary since the city discontinued the fluoridation of drinking water in 2011.

The number of tooth surfaces with decay per child increased by 3.8 surfaces since fluoridation was discontinued.

The issue was hotly debated in council in 2011. On Feb. 8 of that year, council voted 10-3 for a motion to stop adding fluoride to the city's water.

Some based their votes due to its costs — at the time, about $5 million needed to be spent to upgrade water treatment facilities and it costs $750,000 per year to add fluoride to the water.

Others were concerned with "mass-dosing" the population, and issues surrounding the government's role and fluoride's health-impacts were also debated.



A local study has Calgary council reconsidering fluoride in the drinking water. METRO FILE

> **To me, a mass medication without the control of the dose is wrong on so many levels.**
> Coun. Andre Chabot

On Wednesday, some councillors who voted for the removal said they'd consider re-adding fluoride back into drinking water, under certain conditions.

Coun. Gian-Carlo Carra — who voted for its removal — said he wouldn't be concerned if fluoride returned into drinking water, if the province covered the costs.

Coun. Richard Pootmans — who voted against its removal — echoed Carra, adding it's an issue that should fall under Alberta Health.

Pootmans isn't overly optimistic council will reconsider a change, though he said he looks forward to a meeting with Musto.

Associate Health Minister Brandy Payne said the ministry will consider all aspects and review the study to make an evidence-based decision.

Detractors in the fluoride debate worry it can be a health danger, that it doesn't work and that it pushes medication on a population that has no choice.

Coun. Andre Chabot — who voted for its removal — isn't budging on his decision.

"To me, a mass medication without the control of the dose is wrong on so many levels," he said.

Lindsay McLaren, the study's lead author, reviewed previous studies that indicated hip fractures and osteosarcoma (a form of cancer) are possible results of fluoridated water — particularly the sodium kind.

However, two Alberta studies reviewed such claims and concluded Albertans weren't at risk for bone fracture or osteosarcoma due to fluoridated water.

Other scientific reviews say fluoridated water is harmless.

Musto said fluoridated drinking water has no effect on people's internal systems, adding fluoride provides a topical protection to teeth that impedes tooth decay.

The worst that can come from fluoride, he added, is fluorosis — or white specks on teeth.

Musto said non-fluoridated water is particularly troubling for kids who live in poverty — they may not go to the dentist and, in some cases, don't have a tooth brush.

McLaren said researchers made sure — as much as possible — that the increased tooth decay was due to the stopping of fluoridating water.

She said 5,000 children were surveyed in both Calgary and Edmonton, and were proportionally represented based on socio-economic factors. The kids' dental records were also taken into account.

Fluoride still occurs naturally in the Bow and Elbow rivers anywhere between 0.1 and 0.4 mg/L. The fluoridated water had a target of 0.7 mg/L.

HISTORY

Drops were once the norm

Kids used to take their daily fluoride drop with their juice, water or milk back when fluoridation of the city's drinking water wasn't a thing.

The drops were part of a public health program, according to Dr. Richard Musto, a medical officer of health with Alberta Health Services.

For some, it was comforting — they controlled how much fluoride they were receiving. And if they didn't want it, they just didn't sign up.

He said the drops program ended once water fluoridation happened — the drops had higher concentration, meaning for more cases of fluorosis. Plus, fluoridation allowed more people to benefit from the additive, he said.

So, if you — or your kid — are looking for a fluoride fix but don't agree with fluoridation, what do you do?

Babies (aged 12-35 months) can get a fluoride treatment from AHS to protect against cavities.

Fluoride toothpaste and fluoride treatment at the dentist are also options.

As for food, there's trace amounts found in many fresh or canned products.

It's getting easier to catch a cab now that the economy has slowed. Company owners say demand has dropped significantly since 2014. METRO FILE

Economy lowers demand for taxis

TRANSPORTATION

Drivers picked up about one million fewer rides in 2015

Helen Pike
Metro | Calgary

Hailing a cab in the city shouldn't be hard, as demand in trips plummeted down last year amid a tough economy.

Drivers picked up fewer customers last year over 2014 — about 1 million fewer people hopped into a taxi which is a drop of about 11.1 per cent. The drop in demand resulted in a 0.7 per cent decrease in drivers' hourly wage and brokers are saying the only remedy is a higher price in oil.

"Bring back $100 oil, and you know what, the city will come back to life pretty quick," said Kurt Enders, president of Checker Cabs. "There's not much we can do, if people don't have jobs and they don't have money to take a taxi or to go out or go socializing, restaurants can't get people through the door, it's a cycle we just have to unfortunately ride out."

The cab industry has been in a steady decline over last year with the first quarter's ridership down six per cent and then a 16 per cent drop in the third quarter of 2015.

Although concerning, the news doesn't come as a surprise for cab brokers.

"The problem with this industry is it's an upsidedown industry," said Roger Richard, of Associated Cabs. "In this industry when there's a downturn everybody stays in and everybody wants to come (on as a driver to supplement income). You've got a growing industry in the recession, that's the opposite of any other business, and it creates a lot of problems — especially for the full time drivers."

As for Uber's imminent return to Calgary, both said they're ready for a level playing field — which isn't necessarily what administration is presenting to council on Feb. 22.

0.7%

The dramatic drop in demand for cabs led to a **0.7 per cent decrease in drivers' hourly wages.**

"We'll compete with anybody and everybody," said Richard. "The economy as a whole is what's really scary, a lot of people are suffering."

Enders said if the economy is good there should be enough pie for everyone to survive and be successful in, but Uber's effects won't be known until they've surpassed hurdles and entered the market.

"I'm not in 100 per cent support of what administration is putting forward, I think they've missed the mark and could have done a better job," said Enders. "Our future lies in their hands."

Police seek info

CRIME

CPS asking for public's help relating to July 2015 shooting

Lucie Edwardson
Metro | Calgary

CPS has released details on a July 2015 homicide hoping someone will come forward with new information.

Staff Sgt. Doug Andrus said around 3:45 a.m. on July 11, 2015, police responded to a call of shots fired in the 5300 block of Rundlehorn Drive NE.

Two people were found shot, with one of the victims dead. The other was taken to hospital, where he remains.

The deceased was identified as Steven Sharda, 20, of Calgary.

"This homicide is believed to be connected to an ongoing dispute between members of an organized crime group responsible for a number of shooting incidents in 2015, including the death of David Quach on Saturday, Aug. 22, 2015," said Andrus.

This truck is believed to have been involved in the Sharda homicide. COURTESY CPS

Police are looking for info about the repairs made on this Camry. COURTESY CPS

NEW DETAILS RELEASED

Two vehicles are believed to be involved in Sharda's death.

Black Dodge Ram 1500:
-Superman logo on front grill
-Believed to be used during shooting

Grey Toyota Camry:
-Believed to be involved in a related shooting on Rundlehorn Drive approximately an hour and a half prior to Sharda's death.
-It's believed this Camry was shot at and sustained damaged.
-The people inside the car are believed to have been involved in the Sharda homicide, but in what capacity is not clear.
-The Camry was a rental vehicle and was returned to the rental company with obvious damage. It's believed some of the damage, such as broken windows, was repaired prior to it being returned in an effort to conceal evidence
-Investigators are looking for information about where repairs were done and who made the repairs.

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XL FOODS

Tainted beef lawsuit settles for $4 million

An Alberta court has approved a $4-million settlement of a class-action lawsuit, filed after an E. coli outbreak that sparked the largest meat recall in Canadian history.

The lawsuit was against XL Foods Inc., which operated a meat-packing plant in southern Alberta during the tainted beef recall in the fall of 2012.

Lawyer Clint Docken said hundreds of people in Canada and the United States could apply for a share of the award by the Aug. 17 deadline.

"Now it is all settled and there is the consumer component and the injury component," he said Wednesday. "People who threw out the product can apply to get their money back and people who ate the product and got sick can apply for compensation for their injury."

Under the agreement, which refers to possible E. coli contamination, XL Foods does not accept any wrongdoing or liability.

Company officials could not be reached immediately for comment.

During the outbreak, health officials confirmed that 18 people in Canada tested positive for a specific strain of E. coli bacteria linked to meat from the company's plant in Brooks, Alta.

XL Foods recalled more than 1.8 million kilograms of beef in Canada and the United States.

The plant in Brooks was later sold to JBS Canada.

Under the distribution rules of the settlement, provincial health insurers can file claims to recover health-care costs.

Lawyers involved said the class action highlights the importance of food safety and holding companies accountable.

"Food safety is of significant concern. Every week it seems there is a recall," Docken said.

"We are hoping in the light of this particular case that there will be more awareness out there on the part of food producers." THE CANADIAN PRESS

Logan, a 12-year-old North American river otter, died last week in the otter pool. COURTESY CALGARY ZOO

Otter died tangled up in clothing

CALGARY ZOO

Curator said staff broke protocol, were disciplined

Aaron Chatha
Metro | Calgary

An investigation by The Calgary Zoo has determined that a 12-year-old otter named Logan died last week after becoming tangled in a pair of pants.

The pants were an unauthorized "enrichment item" given to the otters, according to Colleen Baird, Calgary Zoo general curator.

"It was human error," she said.

"It was given to them in the back area, they took them out to the pool and our 12-year-old male otter Logan got tangled up in the pant leg and unfortunately drowned."

Baird said two staff members broke protocol and have since been disciplined.

It's not the first time accidents of this nature have occurred at the Calgary Zoo, according to watchdog and Zoocheck executive director Rob Laidlaw.

"They've had a lot of problems in the past, with doors closing on animals and gorillas with knives and you name it," he said.

"Hopefully this is isolated and not part of all those problems that occurred in the past."

Laidlaw said this incident underlines the need for every person caring for these animals to make sure any sort of enrichment item doesn't pose a hazard to the animals.

Baird said authorized enrichment items include clams, mussels and PVC platforms to jump off of.

The otter habitat remains open to the public, although the remaining three otters will be monitored very closely for signs of distress following the death of Logan.

"So far they're behaving normally and acting fine," said Baird.

"We're going to continue to monitor them as we do all animals here in the zoo. We're going to make sure we're not seeing any signs of odd behaviour."

> "Hopefully this is isolated and not part of all those problems that occurred in the past." Rob Laidlaw

IN BRIEF

Calgary man charged in connection with robberies

A Calgary man has been arrested and charged in connection with two recent bank robberies.

Just before noon on Jan. 27, a man entered the CIBC in the 2300 block of Centre St. NE and presented a robbery note. He was given an undisclosed amount of money before leaving the scene.

On Feb. 5, at about 12:20 p.m., a man entered the CIBC located in the 10000 block of Southport Road S.W. and, like the first incident, presented a robbery note before collecting an undisclosed amount of money and leaving the scene.

On Feb. 16, Darrel Allan Lang, 49, of Calgary, was arrested and charged with two counts of robbery. METRO

E. coli scare prompts recall of some raw pork products

Canada's food safety watchdog has announced a recall of some raw pork products in Alberta due to possible E. coli contamination.

The Canadian Food Inspection Agency says the recall involves products produced by Hillview Meat Processor that were distributed to seven stores in Calgary.

The products include raw fresh or frozen meat cuts, ground pork, sausages, and ready-to-eat products.

The agency says consumers should not eat these products and restaurants, retailers, distributors and manufacturers should not serve or use them.

THE CANADIAN PRESS

The Alberta government is backing down from a fight with an online news outlet founded by Ezra Levant, former Sun News pundit. THE CANADIAN PRESS

'It's clear we made a mistake': Province

MEDIA

All press can attend news events during policy review

The Alberta government says it made a mistake and no reporters will be excluded from government news events while a review of the province's media policies is done.

"We've heard a lot of feedback from Albertans and media over the course of the last two days and it's clear we made a mistake," said a statement to the legislature press gallery on Wednesday.

The statement from Cheryl Oates, the premier's communications director, came a day after a battle with an online news outlet became public over access to the legislature.

Contributors to a highly conservative website founded by political commentator Ezra Levant have said that they were barred from two government new conferences earlier this month.

The statement said the government will wait for the review to be completed before making any decisions. It has asked Heather Boyd, recently retired Western Canada bureau chief for The Canadian Press, to come up with recommendations on media accreditation. She is expected to report back in two to three weeks.

The Rebel

The Rebel was started about a year ago by Ezra Levant. It has been sharply critical of Notley's NDP government.

"In the meantime, no one will be excluded from government media events," the statement said.

Premier Rachel Notley was to appear at a photo opportunity in Calgary on Wednesday with a cabinet minister who had a baby a few days ago, but the event was cancelled.

Sheila Gunn Reid and Holly Nicholas have said the premier's staff denied them access to an oil royalties news conference in Calgary two weeks ago because they were with The Rebel website. They said The Rebel was on a "no-go" list.

THE CANADIAN PRESS

FENTANYL

Alberta expands naloxone kit count

Jeremy Simes
For Metro | Calgary

About 300 pharmacies have signed up to provide take-home naloxone kits to fight the deadly drug fentanyl.

On Wednesday, the government announced the province's pharmacies are providing the kits to addicts in danger of overdosing.

"We're expanding the availability of these kits so they're in closer reach to Albertans at risk," said Associate Health Minister Brandy Payne. "Pharmacies are a good fit because they're in people's communities, they're open late and they're staffed by caring professional pharmacists."

About 1,100 pharmacies in Alberta are eligible to participate in the voluntary program, and 4,000 kits will be distributed. The kits will be free of charge at participating pharmacies.

Each pharmacy will carry a maximum of two kits.

Jody Johnson, manager of member services at the Alberta Pharmacists' Association, said pharmacies are only allowed two kits due to the limited supply.

"They can certainly replenish their supply of kits if they require," he said. "It's just to get the initial supply to pharmacies and make it as broadly available as possible."

ONLINE MAP

Alberta Health Services will be creating a map on its website to show where the kits will be available in the province.

Cubby's homeward bound

GOOD SAMARITANS

Lost pooch safe and sound after bizarre ordeal

Lucie Edwardson
Metro | Calgary

All's well that ends well in the case of Cubby the dog, who went on quite the adventure over the last two days.

Cubby escaped from her yard in Woodbine Tuesday evening and was picked up around 10:30 p.m. by a Good Samaritan.

Although Cubby, a 16-year-old mix, is safe and has since been reunited with her owner Michele Levay, she now sports a new look.

"Poor little thing," she said. "Somebody unprofessional tried to shave her and then they put purple polka dots on her where her moles are — I don't know what they were trying to do."

Cubby the dog after she was returned to her owner on Wednesday. CONTRIBUTED

Const. Chris Martin, who was investigating the case and ultimately reunited Cubby with her owner, said after snapping a quick photo of the dog, the Samaritan posted on Kijiji and other social media in hopes of finding the dog's family.

> **I can't believe somebody has the audacity to do that.**
> Michele Levay

"They received a number of calls from a woman saying Cubby was her dog," he said. "So, at 7 this morning the woman came and said, 'yep that's my dog,' and left."

Martin said that's where things got fishy.

"About an hour later they received another phone call, but this time from Cubby's real owners," he said. "That's when the Good Samaritan who found Cubby realized what happened."

Martin said they attempted to call the number of the woman who had initially claimed Cubby earlier that morning, but there was no response.

"Within an hour of (the story) being posted on social media the woman who picked up the dog showed up at their doorstep, dropped off the dog and scurried away," he said.

Martin said it's unclear if it was a case of mistaken identity — or if someone was trying to disguise Cubby.

Levay said Cubby has been very hyper since returning but seems otherwise in good health.

"I'm relieved," said Levay. "But I can't believe somebody has the audacity to do that."

Needless to say, Levay said Cubby will be getting a lot of love and cuddles tonight — safe in her own home.

EMERGENCY RESPONSE

Calgary hopes for 911 funds

Brodie Thomas
Metro | Calgary

Calgary is hoping to tap into provincial funds to boost the 911 emergency fire service in the city.

City council will review the request for cash at Monday's meeting. The funds would come from the Alberta Community Partnership Program and require the city to work with the Town of Cochrane to access the maximum $350,000.

The money would be used to pay for hardware, software and training to upgrade the dispatch system, according to a report prepared by city administration.

Currently, the emergency communication officers who answer 911 calls use two protocol systems for evaluating emergencies — one for fire calls and another for medical distress calls.

A new, harmonized protocol system will save time and ensure calls are properly prioritized, the report said.

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ADMINISTRATION

Rocky Ridge project corrected by auditor

City administration acted quickly to resolve concerns raised by the city's auditor on a construction project in the northwest, according to councillors in the know.

Auditor Katharine Palmer's look at the Rocky Ridge Recreation Facility yielded concerns with how administration was managing cost and schedule baselines on the construction project.

She said although the basic processes and tools had been set up, they were not fully developed and managed appropriately.

"The audit could not determine with certainty whether or not this project was operating within cost and schedule budget, nor could we validate that high risks had been identified and appropriately mitigated," read the auditor's report to the audit committee.

Coun. Ward Sutherland is vice chairman of the audit committee, and the facility is within his ward.

He agreed with the auditor's concerns.

"It's not saying there's chaos or anything. It's saying there needs to be tighter regulations and better project management in terms of the process."

He said that kind of oversight is going to be essential as the city focuses on more capital projects.

Coun. Richard Pootmans, chairman of the audit committee, said he was pleased to see the administrations' quick response to the concern

"This is an example of the audit process working well," said Pootmans. "Management agreed there was room for improvement and they're making those changes very quickly." BRODIE THOMAS/METRO

> **There needs to be tighter regulations and better project management in terms of the process.**
> Coun. Ward Sutherland

OIL AND GAS

Drillers seek love from government

A drilling industry group is calling on the federal and Alberta governments to do more to stick up for oil and gas workers.

Mark Scholz, head of the Canadian Association of Oilwell Drilling Contractors, says 100,000 people are out of work in the oil and gas industry — the equivalent of one in six.

Scholz says the group isn't asking for a handout, but wants both levels of government to speak out more vocally in favour of market-opening pipelines.

He adds that there's too much misinformation being circulated about the industry's environmental record.

The association has launched a new campaign called "Oil Respect" that includes bumper stickers, petitions and an encouragement for people to write their political leaders.

It also wants Feb. 13 to be recognized next year as Oil and Gas Awareness Day in Alberta, marking the 70th anniversary of striking oil in Leduc, Alta..

THE CANADIAN PRESS

The green box pilot project was a success, so a system for food and yard waste collection is in the works. JENNIFER FRIESEN/FOR METRO

Bin there, done that

WASTE MANAGEMENT

Calgarians should have no issue adapting to 3-bin system

Brodie Thomas
Metro | Calgary

If the green bin pilot program is any indication, citizens won't have much trouble adapting to the three-bin system when it comes around in 2017.

Philippa Wagner, leader for green cart implementation, said the pilot program has 89 per cent satisfaction in the four communities with the service.

The main complaint is people questioning why it's necessary. She said many have the impression that food is going to break down just as well in a landfill. She said that's a misconception.

"Landfills are not designed to have material break down," said Wagner. "There's no oxygen. It doesn't work the same way as in nature."

She said organic matter in landfills basically just sits there, and what does slowly break down gives off high levels of methane gas and leachate – or, as she calls it, garbage juice.

Methane gas, she noted, is a potent greenhouse gas that is 25 times stronger than carbon dioxide.

Under the pilot program, homeowners in Abbeydale, Brentwood, Cougar Ridge and Southwood get garbage pickup every other week, and green cart and recycling collection every week.

> **Landfills are not designed to have material break down.**
> Philippa Wagner

Bonita McCurry, president of the Brentwood Community Association, said she feels the system works very well.

She finds her own household has very little garbage now, since most waste goes for recycling or composting. That means the bi-weekly pickup is not an issue.

Waste from the pilot project goes to a commercial composting facility near Strathmore, but the city is constructing a $143-million facility to process the city's food and yard waste into compost.

The Shepherd Waste Management Facility – located at the Shepherd Landfill - will also break down "dewatered biosolids," which is a polite term for leftovers from the city's wastewater treatment.

The facility is being built and will be run by a consortium of companies known as Chinook Resource Management Group.

Pilot participants don't pay a monthly fee for pickup, but when it rolls out city wide, Wagner said citizens should expect monthly pickup fees on par with the cost of blue-cart pickup.

That fee offsets the cost of operating the program.

COST OF LIVING THREE TIMES LOWER, PERFECT YEAR-ROUND WEATHER

OVER 1400 CANADIANS OWN A PROPERTY IN ECUADOR

WHY ECUADOR?

Starting in 2010 with the sale of land lots on the Ecuadorian Pacific coast, HolaEcuador, a Canadian company is now into its sixth year offering diversified real estate opportunities and a wide array of services. Every year, the team helps hundreds of Canadians acquire property in South America.

Comfortable year-round **climate**, a **low cost of living** (about three times lower than in Canada), an incredible diversity of natural scenery and an efficient and affordable **healthcare system** with **benefits for retirees** make Ecuador increasingly attractive to North Americans looking to enjoy a second home under the sun or to retire and relocate to this marvellous part of the world.

80% SOLD

"The development on which we're currently working is a beautiful 130-acre property that sits directly in front of the Pacific Ocean", states Gordon Poole, HolaEcuador's vice-president of design and construction. "It is located 60 kilometers south of Manta. Of the 1,700 lots on the development, there are only about 300 left unsold", he adds.

"Infrastructure is coming along quickly, and construction is well underway, with 160 homes completed and many more starting this year. A beautiful outdoor sports facility is now operational, businesses are beginning to set up shop and the parks are simply breathtaking. A few years from now, this little slice of heaven will be the envy of investors who didn't seize the opportunity", says Poole.

WELL-KEPT SECRET

For now, Ecuador remains a relatively well-kept secret. Properties are much more affordable than in similar destinations. "Prices reflect what was available in Costa Rica 15 years ago, but in a country where first-rate and modern infrastructure is already in place," says Poole.

"The country is amongst the safest in Latin America and the currency is the US dollar, which is very reassuring for investors," adds Poole.

Turnkey home prices on HolaEcuador's Pacific coast development start at Can$127,500[1], for a two-bedroom, one-bathroom house including land lot.

ECUADOR

- Best country in the world for retirement – International Living, 2009-2013, 2015
- 13th in the world for healthcare efficiency – Bloomberg Magazine, 2014
- Cost of living 3 times lower
- Very accessible residency status
- No hurricanes
- One of Latin America's safest countries

LAND LOTS

Almost sold out! Starting from Can$31,000[1], with 5 years to build your dream home.

BEACHFRONT CONDOS

Overlooking the boardwalk and a spectacular 12 kilometres stretch of pristine beach. Starting from Can$249,000[1]. They're going fast!

TURNKEY HOMES

Only a few minutes' walk to the beach and all the amenities, a wide array of turnkey models starting from Can$127,500[1].

Why HolaEcuador?

To sign a **Canadian contract**

To make sure you fully own your deed outright

For personalised service and guidance

To choose an ethical company that works in harmony with the people of the region, and in accordance with the laws and rules of both countries.

To learn more

HolaEcuador is offering free informational seminars in several locations across Canada. These sessions are the perfect opportunity to discover more about the advantages of property ownership, living and investing in Ecuador. In addition, you'll become familiar with the many attributes of this real estate development as well as the essentials of property acquisition in this beautiful country in Latin America.

Space is limited. Prospective attendees are encouraged to register in advance with the local sales representative.

Free informational seminars

CALGARY: Saturday, February 20, 10 a.m.
Courtyard Calgary Airport, 2500 48th Ave NE

EDMONTON: Sunday, February 21, 10 a.m.
Four Points Edmonton Gateway, 10010 12 Ave SW

» LIMITED SPACE, PLEASE RESERVE:
John Leask, 587-885-1131

[1] Prices converted in Canadian dollars - subject to change without notice.

MARCH : "Fly & Buy" Group Tour to Ecuador. Contact us for details!

Beach Properties
holaecuador.ca
Canadian Project in Ecuador

A sweet reminder that it's easy to help

CHARITY

Fiasco donates 350 gelato jars to struggling Drop-In Centre

Jennifer Friesen
For Metro

For the second day in a row, it looked like the clients at the Calgary Drop-In and Rehab Centre would be missing their mid-day snack.

But just in time on Wednesday, staff from Fiasco Gelato arrived toting 350 jars of gelato to hand out on the second floor.

"We know times are tough, and what people don't realize is that it's super simple to be involved," said James Boettcher, owner of Fiasco Gelato. "Sometimes these people don't get what they need, with government funding being so tight right now, and these small doses of happiness go a long way."

James Boettcher, owner of Fiasco Gelato, dropped off a sweet treat to clients at the Drop-In Centre on Wednesday. JENNIFER FRIESEN/FOR METRO

From January 2015 to January 2016, the Drop-In saw a 50 per cent increase in food costs due to inflation and a higher demand for food support, forcing them to occasionally cut out snacks that are usually served twice daily.

"It's been a struggle," said Jordan Hamilton, spokesperson for the Drop-In.

"Good food does more than simply fill bellies — it lifts spirits as well. If you miss a meal, it's a disappointment for any of us, so it's wonderful that we didn't have to do that today."

For Boettcher, community outreach has always been close to his heart. After growing up in the Calgary affordable housing system himself, he said he's learned that tough times can be used as a reason to enact change.

"Everyone has their own personal story, and we probably don't realize that someone close to us has had struggles of their own," he said.

"But if we can play a role in making things better for them, then that's what it's all about. It's pretty special to me that we could come over here and do that."

IN BRIEF

BC Coroners Service confirms second human foot

The BC Coroners Service has confirmed that a second foot found washed up near Port Renfrew on the west coast of Vancouver Island is human and matches another foot that was found several days earlier in the same area.

The first foot was found by a hiker on Feb. 7 and the second foot was found last Friday.

The Coroners Service says it appears both feet separated naturally from the rest of the body due to prolonged immersion in water and there is no indication of trauma or mechanical severance.

Efforts are now under way to try to identity the individual concerned and determine a cause of death using DNA testing. THE CANADIAN PRESS

Murder charge laid against one of two men in case of missing Alberta man

Charges that include a count of murder have been laid in the case of an Alberta man who disappeared late last month.

Randy Lopushinsky, a 56-year-old resident of Redwater, was reported missing by his family on Jan. 26.

RCMP say Lopushinsky's body has been recovered and an autopsy by the Edmonton medical examiner's office is pending.

Mounties say Jon Irwin Ward, a 41-year-old resident of Thorhild, Alta., was arrested last Saturday and charged with second-degree murder. THE CANADIAN PRESS

AHS says many choices available other than emergency room

AHS is asking Albertans to think twice before going straight to the emergency room. Care options could include your family doctor, an urgent care centre, walk-in clinics, a pharmacy or Health Link (811).

Albertans are also reminded that, in many instances, self care can also help you cope with non-severe symptoms of seasonal illness. If you're unsure, call Health Link at 811, or visit a family doctor, pharmacist or walk-in-clinic.

Get to know your options. Visit ahs.ca/options. METRO

0% APR Purchase Financing is available on 2015 CX-9. Based on a representative agreement using an offered pricing of $35,736 for the new 2015 CX-9 GS (JAYS385AA00) the cost of borrowing for an 84-month term is $0, monthly payment is $186 and total finance obligation is $35,736. **Based on a representative example using a finance price of $23,146/$24,741 for the 2016 CX-3 GX (HYX086AA00)/2016 CX-5 GX (HYX866AA00)) at a rate of 2.99%/2.49% APR, the cost of borrowing for an 84-month term is $2,535/$2,244, bi-weekly payment is $140/$148, total finance obligation is $25,682/$26,986. Taxes are extra and required at the time of purchase. †Starting from price for 2015 Mazda3 GX (DAXX6AA00)/2016 CX-3 GX (HXX086AA00)/2016 CX-5 GX AT AWD (HXX696AA00)/2016 CX-3 GX (HXX086AA00)/2015 CX-9 GS (JAYS385AA00)) is $14,999/$21,288/$24,999/$34,265 and includes a cash discount of $2,750/$1,250/$0/$5,000. The cash discount applies to the cash purchase only and is deducted from the negotiated pre-tax price and cannot be combined with subsidized purchase financing or leasing rates. $500 discount on 2015 Mazda3 is only available to existing Mazda owners. Mazda Owner Renewal cash discounts cannot be combined with Mazda Owner Renewal rate discounts or with $0% rates. All prices include block heater, $20 new tire charge, $100 a/c charge where applicable, freight & PDI of $1,695/$1,895 for Mazda3/CX-3, CX-5, CX-9. As shown, price for 2015 Mazda3 GT (D45TL65AA00)/2016 CX-3 GT (HXTX86AA00)/2016 CX-5 GT (HXTL86AA00)/2015 CX-9 (JAXT385AA00)) is $28,115/$31,315/$37,215/$48,265. PPSA, licence, insurance, taxes, down payment (or equivalent trade-in) are extra and may be required at the time of purchase. Dealer may sell/lease for less. Dealer order/trade may be necessary on certain vehicles. Lease and Finance on approved credit for qualified customers only. Offers valid January 5 - February 1, 2016, while supplies last. Prices and rates subject to change without notice. Visit mazda.ca or see your dealer for complete details. *To learn more about the Mazda Unlimited Warranty, go to mazdaunlimited.ca. i-ACTIV AWD feature is not available on Mazda3 models.

SHAGANAPPI GM

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0%* FINANCING UP TO 84 MONTHS

2015 INVENTORY CLEAROUT

#55001	2015 Chev 2500 HD Silverado Double Cab 4x4	WAS $65,605	NOW SOLD 88	SAVINGS $18,607
#57007	2015 Chev 2500 HD Sierra Double Cab 4x4	WAS $74,480	NOW $56,888	SAVINGS $17,592
#55026	2015 Chev 2500 Silverado Double Cab 4x4	WAS $68,745	NOW $52,488	SAVINGS $16,257
#57042	2015 Chev 2500 Sierra Double Cab SLE 4x4	WAS $58,365	NOW $41,955	SAVINGS $16,377
#55085	2015 Chev 2500 HD Silverado C/C 4x4	WAS $69,525	NOW SOLD 88	SAVINGS $18.137
#55095	2015 Chev 2500 HD Silverado C/C 4x4	WAS $69,565	NOW $51,888	SAVINGS $17,677
#55093	2015 Chev 2500 HD Silverado C/C 4x4	WAS $68,935	NOW $51,888	SAVINGS $17,047
#57221	2015 Chev 1500 Sierra Double Cab 4x4	WAS $57,675	NOW $44,488	SAVINGS $13,187
#57222	2015 GMC 1500 Sierra Double Cab 4x4	WAS $57,675	NOW $44,477	SAVINGS $13,187
#57226	2015 GMC 1500 Sierra Double Cab 4x4	WAS $57,675	NOW $44,488	SAVINGS $13,187
#57236	2015 GMC 1500 Sierra Double Cab 4x4	WAS $57,675	NOW $44,488	SAVINGS $13,187
#55177	2015 Chev 2500 HD Silverado Double Cab LZ 4x4	WAS $66,140	NOW $47,988	SAVINGS $18,152
#58022	2015 Chev City Express LS	WAS $28,740	NOW SOLD 88	SAVINGS $6,852
#58003	2015 Chev City Express LS	WAS $28,255	NOW SOLD 88	SAVINGS $6,367
#57311	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $75,870	NOW SOLD 88	SAVINGS $16,982
#55215	2015 Chev 2500 HD Silverado C/C 4x4	WAS $82,035	NOW SOLD 88	SAVINGS $16,547
#57318	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $75,870	NOW $58,888	SAVINGS $16,982
#57321	2015 GMC 2500 Sierra C/C Denali 4x4	WAS $75,870	NOW $58,888	SAVINGS $16,982
#57322	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $75,870	NOW SOLD 88	SAVINGS $16,982
#57328	2015 GMC 1500 Sierra C/C 4x4	WAS $57,520	NOW $44,388	SAVINGS $13,132
#57337	2015 GMC 1500 Sierra Double Cab 4x4	WAS $57,520	NOW $44,388	SAVINGS $13,132
#57291	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $75,870	NOW SOLD 88	SAVINGS $16,982
#57334	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $87,040	NOW SOLD 88	SAVINGS $17,052
#55241	2015 GMC 2500 HE Sierra C/C 4x4	WAS $81,980	NOW $64,998	SAVINGS $16,992
#57333	2015 GMC 2500 HD Sierra C/C Denali 4x4	WAS $87,040	NOW SOLD 88	SAVINGS $17,052
#57290	2015 GMC 2500 HD Sierra C/C 4x4	WAS $69,050	NOW $51,888	SAVINGS $17,162
#57369	2015 GMC 1500 Sierra C/C SLE 4x4	WAS $54,955	NOW $41,988	SAVINGS $12,957
#55293	2015 Chev 1500 Silverado C/C 4x4	WAS $64,460	NOW $49,888	SAVINGS $14,575
#52337	2015 Chev Cruze 4D 2LS Auto	WAS $22,520	NOW $15,988	SAVINGS $6,532
#58004	2015 Chev City Express LS	WAS $29,410	NOW SOLD 88	SAVINGS $6,922
#55311	2015 Chev 1500 Silverado C/C 4x4	WAS $63,085	NOW $48, 888	SAVINGS $14,197
#56508	2015 Chev Canyon Ext/C 4x4	WAS $40,955	NOW $35,888	SAVINGS $5,067
#56513	2015 Chev Canyon Ext/C 4x4	WAS $40,955	NOW $35,888	SAVINGS $5,067
#59738	2015 GMC Acadia AWD SL1	WAS $53,470	NOW $44,888	SAVINGS $8,582
#52400	2015 Chev Cruze 4D 1LT Turbo Auto	WAS $24,205	NOW SOLD 88	SAVINGS $7,017
#52392	2015 Chev Cruze 4D 1LT Turbo Auto	WAS $24,205	NOW SOLD 88	SAVINGS $7,017
#54129	2015 Chev HD Express Cutaway	WAS $54,771	NOW $48,488	SAVINGS $6,283
#55345	2015 Chev 1500 Silverado C/C 4x4	WAS $62,380	NOW $48,988	SAVINGS $13,392
#52414	2015 Chev Cruze 4D 2LS	WAS $21,070	NOW SOLD 88	SAVINGS $6,382
#55352	2015 Chev 2500 HD Silverado C/C 4x4	WAS $71,835	NOW $55,488	SAVINGS $16,347
#59252	2015 Verano	WAS $26,465	NOW $20,588	SAVINGS $5,877
#52415	2015 Chev Cruze 4D 1LS	WAS $18,370	NOW $11,998	SAVINGS $6,372
#52420	2015 Chev Cruze 4D 1LT Turbo Auto	WAS $24,010	NOW SOLD 88	SAVINGS $7,022
#57482	2015 Chev 2500 HD Sierra C/C SLE 4x4	WAS $72,385	NOW $56,288	SAVINGS $16,157
#55383	2015 Chev 1500 Silverado C/C 4x4	Was $68,000	NOW $53488	SAVINGS $14,512
#55394	2015 Chev 2500 Silverado HD C/C High Country Duramax 4x4	Was $83,755	NOW $66,228	SAVINGS $17,567
#59261	2015 Buick Verano	Was $26,605	NOW SOLD 88	SAVINGS $6,117
#55399	2015 Chev 1500 C/C High Country 4x4	Was $66,935	NOW $53,588	SAVINGS $13,347
#55401	2015 Chev 3500 Silverado HD C/C High Country 4x4	Was $83,960	NOW $66,488	SAVINGS $17,472
#55403	2015 Chev 2500 Silverado HD C/C 4x4	Was $74,980	NOW $58,488	SAVINGS $16,492
#55402	2015 Chev 2500 Silverado HD C/C 4x4	Was $59,300	NOW SOLD 88	SAVINGS $16412
#52042	2015 Corvette Stingray 3LT	Was $84,700	NOW SOLD 55	SAVINGS $13,245

# 55410	2015 Chev 1500 Silverado C/C 4x4 REAPER Edition	Was $100,000	NOW $82,888	SAVINGS $17,112
# 57513	2015 Chev 2500 Silverado HD C/C SLE 4x4	Was $56,590	NOW $40,888	SAVINGS $15,702
# 55413	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15,077
# 55415	2015 Chev 2500 Silverado HD C/C 4x4	Was $82,615	NOW $65,488	SAVINGS $17,127
# 55416	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15,077
# 52023	2015 Corvette Stingray Coupe 3LT	Was $87,470	NOW SOLD 32	SAVINGS $14,038
# 57515	2015 Chev 2500 Silverado HD SLE C/C 4x4	Was $56,590	NOW $40,888	SAVINGS $15,702
# 55411	2015 Chev 2500 Silverado HD C/C 4x4	Was $54,900	NOW $39,888	SAVINGS $15,102
# 55412	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15,077
# 55418	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15,077
# 55419	2015 Chev 2500 Silverado HD C/C 4x4	Was $53,965	NOW $38,888	SAVINGS $15077
# 55425	2015 Chev 2500 Silverado HD C/C 4x4 Duramax	Was $82,615	NOW $65,488	SAVINGS $17,127
# 55426	2015 Chev Silverado HD C/C 4x4	Was $82,615	NOW $65,488	SAVINGS $17,127
# 55427	2015 Chev 1500 Silverado High Country C/C 4x4	Was $68,380	NOW $54,488	SAVINGS $13,892
# 57519	2015 GMC 1500 Sierra C/C 4x4, Lifted, Wheel Pkg	Was $82,825	NOW SOLD 88	SAVINGS $11,937
# 55421	2015 Chev 2500 Silverado HD C/C 4x4	Was $82,615	NOW SOLD 88	SAVINGS $17,327
# 55428	2015 Chev 2500 Silverado HD C/C 4x4	Was $82,615	NOW $65,488	SAVINGS $17,127
# 55436	2015 Chev 1500 Silverado DBL Lowered	Was $62,056	NOW $48,488	SAVINGS $13,568
# 52032	2015 Corvette Stingray Coupe 3LT	Was $88,230	NOW $74,172	SAVINGS $14,058
# 52036	2015 Corvette Stingray Coupe Z51, 3LT	Was $85,120	NOW $71,825	SAVINGS $13,295
# 52041	2015 Corvette Stingray Convert 3LT	Was $87,490	NOW SOLD 90	SAVINGS $13,800
# 57534	2015 GMC 1500 Sierra 4x4	Was $62,925	NOW SOLD 88	SAVINGS $14,437
# 52119	2015 Chev Camaro LT 2LT Coupe	Was $40,440	NOW $29,998	SAVINGS $10,442
# 55455	2015 Chev 1500 Silverado C/C 4x4	Was $63,535	NOW $49,488	SAVINGS $14,047
# 55459	2015 Chev 1500 Silverado C/C 4x4	was $63,535	NOW SOLD 88	SAVINGS $14,047
# 52488	2015 Chev Cruze 1LS	Was $18,370	NOW $11,988	SAVINGS $6,382
# 57547	2015 GMC 1500 Sierra Base R/Cab	Was $38,210	Now $30,998	SAVINGS $7,212
# 56530	2015 Chev Canyon SLE Crew Cab	Was $40,490	NOW $32,988	SAVINGS $7,502
# 55732	2015 Chev 2500 Silverado L HD C/C 4x4	Was $59,085	NOW SOLD 88	SAVINGS $16,197
# 54942	2015 Chev 2500 Savana Cargo Van	Was $39,335	NOW $34,488	SAVINGS $4,867
# 54943	2015 Chev 2500 Savana Cargo Van	Was $39,335	NOW $34,488	SAVINGS $4,867
# 57557	2015 GMC 1500 Sierra Reg/C 4x4	Was $36,910	NOW $29,988	SAVINGS $6,912
# 56531	2015 Chev Canyon SLE Crew Cab	Was $36,010	NOW $29,998	SAVINGS $6,012
# 59288	2015 Buick Verano	Was $26,465	NOW $20,488	SAVINGS $5,977
# 59289	2015 Buick Verano	Was $26,085	NOW SOLD 88	SAVINGS $6,087
# 54945	2015 Chev 2500 Savana Cargo Van	Was $39,335	NOW $34,488	SAVINGS $4,867
# 59426	2015 Buick Encore AWD	Was $34,110	NOW $26,888	SAVINGS $7,222
# 59427	2015 Buick Enocre AWD	Was $32,340	NOW $25,488	SAVINGS $6,852
# 57577	2015 GMC 1500 Sierra DENALI C/C	Was $73,110	NOW SOLD 88	SAVINGS $15,122
# 56397	2015 GMC Terrain SLE	Was $35,915	NOW SOLD 88	SAVINGS $7,027
# 54834	2015 Chev Trax LS	Was $21,490	NOW $16,688	SAVINGS $4,802
# 54835	2015 Chev Trax LS	Was $21,490	NOW $16,688	SAVINGS $4,802
# 56131	2015 Chev Equinox LS	Was $28,765	NOW SOLD 88	SAVINGS $6,377
# 56398	2015 GMC Terrain SLE2	Was $33,689	NOW $26,988	SAVINGS $6,701
# 52492	2015 Chev Cruze 1LS	Was $18,170	NOW $11,998	SAVINGS $6,172
# 52493	2015 Chev Cruze 1LT Turbo	Was $23,910	NOW $16,888	SAVINGS $7,022
# 55747	2015 Chev 3500 Silverado HD C/C 4x4	Was $80,605	NOW SOLD 88	SAVINGS $16,317
# 56674	2015 GMC Yukon XL DENALI	Was $88,355	NOW $77,488	SAVINGS $10,867
# 55561	2015 Chev Tahoe LZ 4x4	Was $74,635	NOW SOLD 88	SAVINGS $10,747
# 59337	2015 Buick Enclave 1SL AWD	Was $57,830	NOW $48,888	SAVINGS $8,942
# 55754	2015 Chev 2500 Silverado HD 4x4 C/C	Was $81,480	NOW $64,788	SAVINGS $16,692

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Tall order to fuel, feed the north

Whether it's fuelling 120 snowmobiles or 120 soldiers, it's a tall order in the high Arctic.

Tim McCagherty, chief of arctic logistics at the Polar Continental Shelf Program (PCSP) in Resolute Bay, said the planning to supply operations like the Canadian Armed Forces' (CAF) ongoing Arctic Ram exercise starts more than a year in advance.

"We (had) a rough idea of some of the activities the CAF would be doing this spring, so actually in January last year we put in fuel orders," he said. "That was then procured, went to Valleyfield (in Quebec), was loaded onto the sea-lift boats and was received here in September of last year."

Having that fuel specifically allocated for Arctic Ram and stored up north guaranteed the Arctic Response Company Group (ARCG) could take snowmobiles and fuel more than 150 kilometres north of the PCSP and Arctic Training Centre (ATC) compound to complete the exercise.

Without the foresight to ship the fuel by boat, costs would rise significantly if fuel were air-lifted.

"I believe sea-lift last year was about $484 per tonne," McCagherty said. "So in comparison, to air-freight — for example from Ottawa to Resolute Bay on scheduled air service — is about $16 or $17 per kilo, so (there's) considerable saving."

Out in the field, the reservists with the ARCG are eating Spartan rations cooked in pressure cookers over camp stoves, or heated by chemical warming pouches.

But at the shared PCSP-ATC meal hall, the menu more closely resembles a typical university cafeteria.

There's a variety of hot meals with everything from chicken dinners to roast beef, as well as chili and home-made soups, plus a full salad bar and an abundance of fresh fruit.

Perishables obviously can't be stored long, so flights related to the operation are filled to maximum payload and often serve multiple purposes.

"The ATC brought up a bunch of staff to prep the snow machines, to do maintenance," McCaghaerty said. "On that charter, because we knew our numbers were going to be elevated… we actually used the (plane) to move that fresh fruit product into Resolute Bay, and then used it to haul their members back (South)….

"We actually utilized that aircraft fully, again cost split between the two (PCSP and ATC) so everybody benefits from it."

The plane came from Yellowknife, the northernmost hub that receives truck-transported goods.

Food costs out of there are "a little bit more expensive" than Edmonton or Winnipeg, "but not considerably more expensive" because of the road access into Yellowknife.

Planning to fuel up snowmobiles for Arctic Ram started a year in advance to keep costs down.
BRAEDEN JONES/METRO

COSTS

Prices in Iqaluit:
- 1 L of milk: $2.50
- Loaf of white bread: $5
- Head of lettuce: $4

WHISTLER

Boy's ski-lift rescue goes global

Thandi Fletcher
Metro | Vancouver

The quick actions of a lift attendant and a group of volunteers helped save a boy from injury after he fell off a chairlift at Whistler Blackcomb resort on Monday.

The 11-year-old boy slipped from the Peak Express Chairlift on Whistler Mountain around 1:45 p.m. after leaning off the edge of the chair to pick up a ski pole he had dropped while loading, the resort said in a statement Wednesday.

The resort said the boy dropped about six metres into a "fireman's net" rescuers were holding below, and he was not injured in the fall.

The chair's safety bar was not yet lowered when the boy slipped, Whistler Blackcomb staff said in a statement, adding that safety is paramount for the resort.

A YouTube video capturing the incident has made international headlines since it was posted Monday.

A video of a child's fall from a Whistler chairlift is making international headlines.
YOUTUBE

What you see at **TedCruzForAmerica.com.** SCREENGRAB

Another U.S. senator gets pranked online

POLITICS

Unofficial website makes jab at Ted Cruz's Canadian roots

The U.S. presidential race just got a little more amusing, if that's possible.

The usual hallmarks of a conservative Republican candidate — religious devotion to protecting gun rights no matter how bad the statistics get, relentless mentions of securing the border, maybe some homophobic sentiment — are nowhere to be seen on TedCruzForAmerica.com. (Cruz's official website, tedcruz.org, continues to work).

Instead, the site is redirecting to the Canadian government's immigration page, which offers instructions on your eligibility and links to apply for citizenship.

Ironically, one of Donald Trump's most commonly used barbs against Cruz is demanding he go back to Canada, his place of birth.

The redirect seems to be an attempt to undermine Cruz's political views, rather than a simple humorous move offering Americans a way out if he wins the Republican nomination and subsequently, the presidency.

The domain has previously redirected to the Human Rights Commission and U.S. government's health-care website, featuring the finer points of Obamacare.

Cruz, and Republican presidential candidates en masse, have repeatedly disparaged "Obamacare". The human rights redirect could be a reference to Cruz's views on abortion and criticism of Planned Parenthood.

TORSTAR NEWS SERVICE

Republican presidential candidate Sen. Ted Cruz
GETTY IMAGES

INTERNET MISCHIEF

Website hijinks have been plaguing other presidential candidates:

Jeb Bush
Since Dec. 8, JebBush.com has been redirecting to Trump's website.

Donald Trump
Another website proclaims to offer Americans an escape route into Cape Breton if Trump wins.

Hillary Clinton
HillaryClinton2016.com is packed with mock stories including: "Bernie Can Do It," "Liar Liar Pants on Fire," and "Hillary's Gender Fabrications."

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1 **Danish aid worker Anja Ringgren Lovén and "Hope,"** saved from the streets of Nigeria.

2 **Toddler Hope** was abandoned by his family and left to die after he was accused of witchcraft.

3 **"Hope is getting so much better,"** Lovén says. ALL PHOTOS: COURTESY ANJA RINGGREN LOVÉN

SUB-SAHARAN AFRICA

Photos spur rescue of Nigerian 'witch' boy

Photos of a starving Nigerian toddler have inspired a flood of donations to a little-known aid organization that seeks to rescue the growing number of children accused of witchcraft.

Danish aid worker Anja Ringgren Lovén posted photos of the emaciated little boy, whom she named "Hope," on Facebook on Jan. 31. Lovén had received a tip that Hope, who was no older than three years old, was abandoned by his family and left to die in the streets after he was accused of witchcraft.

"When we heard that the child was only two to three years old, we did not hesitate," Lovén told Huffington Post UK.

"A child that young cannot survive a long time alone on the streets. We immediately prepared a rescue mission."

Lovén founded the African Children's Aid Education and Development Foundation (ACAEDF) three years ago after travelling to Nigeria and being confronted with dozens of children such as Hope, she told the Huffington Post.

Hope was not her first rescue. In 2014, many media outlets reported that ACAEDF had rescued two eight-year-old children who were accused of witchcraft by their family and tortured.

> **When we heard that the child was only two to three years old, we did not hesitate.**
> Anja Ringgren Lovén

Poverty, the AIDS epidemic and wars have helped fuel the belief in witchcraft in sub-Saharan Africa, according to a 2010 report by UNICEF.

Often, children are blamed by those closest to them — their parents or guardians — for tragedies that are beyond their control, such as the death of a relative.

According to UNICEF, belief in witchcraft has been exploited by local churches and "pastor-prophets" who charge a fee to rid families of these malevolent spirits. TORSTAR NEWS SERVICE

Heat is on worldwide

METEOROLOGY

'Extraordinarily hot' weather is tied to climate change: Expert

Global average temperatures hit a record high last month, according to data released by NASA.

A record-breaking anomaly — an increase of 1.13 C — was also observed in January compared to the average temperature recorded between 1951 and 1980, NASA's Goddard Institute for Space Studies reported this week.

"It's a snapshot into the future," Deborah Harford, executive director of the Adaption to Climate Change team at Simon Fraser University, said about the value of the data.

"It's useful because it can help us plan now for what we need to prepare for. One of the major changes in climate projected by climate models is that we'll have warmer, wetter winters. The fact that it's a hotter January is a good example of that," Harford said.

She said "extraordinarily hot" weather in recent years is tied to man-made climate change and processes like El Niño and the Pacific Decadal Oscillation, an El Niño-like pattern of ocean temperature changes in the Pacific Ocean basin.

A large band of territory across northern Canada, Alaska, Russia and the Arctic experienced the most pronounced warming last month, a map based on the recent NASA data showed. Temperatures in that area were 4 to 12.9 C warmer than the 1951-1980 average, NASA found.

According to Paul Beckwith, a part-time professor at the University of Ottawa specializing in abrupt climate change, the high Arctic is warming between five to eight times faster than the global average.

Beckwith said that warming in the Arctic is changing the behaviour of jet streams, which in turn influences the frequency, severity and duration of extreme weather events like torrential rains and droughts.

12.9 C

Temperatures in **northern Canada, Alaska, Russia and the Arctic** were 4 to 12.9 C warmer than the 1951-1980 average, NASA found.

Large parts of Canada have had very warm weather so far this winter, for example, while the East Coast has been hit with severe snowstorms due in large part to the evaporation of warmer surface water in the Atlantic Ocean, he said.

"The key point is the Arctic: What happens in the Arctic doesn't stay in the Arctic," Beckwith said.

And for the first time, global temperatures in 2015 were approximately 1 C above pre-industrial levels.

TORSTAR NEWS SERVICE

REPUBLICAN RACE

'Torture works,' says Trump

"Torture works," Republican presidential front-runner Donald Trump declared Wednesday, repeating his vow to bring back waterboarding and approve other, tougher interrogation techniques.

"Don't tell me it doesn't work. Torture works, OK folks?" the brash billionaire told a crowd in South Carolina, site of the next Republican primary on Saturday.

Trump has repeatedly advocated enhanced interrogation techniques for foreign prisoners, and he said again Wednesday he would "absolutely" allow waterboarding, which simulates the feeling of drowning.

"But we should go much stronger than waterboarding," he said. "That's the way I feel. They're chopping off heads. Believe me, we should go much stronger because our country's in trouble, we're in danger. We have people that want to do really bad things."

> **Waterboarding is fine, but it's not nearly tough enough.**
> Donald Trump

"Waterboarding is fine, but it's not nearly tough enough," he added.

Waterboarding was practised until late in the George W. Bush administration but was disavowed by President Barack Obama. A 2014 Senate Intelligence Committee report concluded that harsh interrogation techniques failed to produce information the CIA couldn't have obtained elsewhere or didn't already have.

Trump's comments could further alarm some Republican leaders, who fear Trump or Texas Sen. Ted Cruz will collect the delegates needed to secure the party's nomination before a more mainstream candidate can consolidate voters' support. So-called establishment Republicans worry that Trump or Cruz could jeopardize the party's chances of winning in November's general election.

"We do need to get the field down to Trump, Cruz and somebody," said Henry Barbour, a Republican National Committee heavyweight from Mississippi.

Candidates Jeb Bush, John Kasich and Marco Rubio are jostling to be that more mainstream candidate. THE ASSOCIATED PRESS

PC Alberta

CALGARY-BUFFALO PROGRESSIVE CONSERVATIVE ASSOCIATION

NOTICE OF ANNUAL GENERAL MEETING

The Calgary-Buffalo PC Association will be holding the Annual General Meeting on Thursday March 3rd, 2016. The meeting will be held at Dickens Pub located at 1000 9th Avenue SW, Calgary starting at 7:00 pm. Any interested person may attend but must live in the boundaries of the constituency to vote. If you are unsure of residency, please check the Elections Alberta map http://www.elections.ab.ca/wp-content/uploads/ED5_CALGARY_BUFFALO.pdf. A valid PCAA membership is required for voting purposes. Memberships are available online at www.pcalberta.org or at the door. The purpose of the meeting is to elect the Board of Directors to the Calgary-Buffalo PCAA, confirm the constitution, and report on the status of the constituency association.

Anyone interested in attending or have questions, please contact Dustin Franks at dfranks132@gmail.com.

DIGITAL PRIVACY

Apple to fight order to unlock iPhone

Apple Inc. CEO Tim Cook says his company will fight a federal magistrate's order to help the FBI hack into an encrypted iPhone belonging to one of the San Bernardino, Calif., shooters. The company said that could potentially undermine encryption for millions of other users.

Cook's response, posted early Wednesday on the company's website, set the stage for a legal fight between the federal government and Silicon Valley with broad implications for digital privacy and national security.

U.S. Magistrate Judge Sheri Pym had ordered Apple to help the FBI break into an iPhone belonging to Syed Farook, one of the shooters in the Dec. 2 attack that killed 14 people. Farook and his wife, Tashfeen Malik, died in a gun battle with police.

The ruling by Pym, a former federal prosecutor, requires Apple to supply software the FBI can load onto Farook's county-owned work iPhone to bypass a feature that erases the phone's data after too many unsuccessful attempts to unlock it.

Cook called the ruling an example of government overreach and said, "This moment calls for public discussion, and we want our customers and people around the country to understand what is at stake."

The magistrate's order requires that the software Apple provides be programmed to work only on Farook's phone, and said Apple has five days to notify the court if it believes the ruling is unreasonably burdensome. THE ASSOCIATED PRESS

Apple CEO Tim Cook. THE ASSOCIATED PRESS FILE

Ikea eyes Canadian furniture recycling

HOME DECORATING

Expansion of retail giant's initiative part of green push

Ikea is looking at bringing a "take back" program to Canada that would allow customers to trade furniture purchased from the Swedish furniture giant in exchange for store credit.

Under the initiative, mirrored after similar environmentally friendly initiatives in France and Belgium, the retailer would then resell the items or recycle them.

"If we can have an impact on people's lives at home, we could have a huge impact on the environment," said Ikea Canada president Stefan Sjostrand at the opening of a pickup and order location in Whitby, Ont.

Sjostrand was part of the team that brought the program to France, and says the same could be done in Canada, where Ikea operates 12 stores and three pickup and order locations.

He conceded, however, that the program could still be years away because Canadian stores don't have the capabilities to take back items now, even if only 10 per cent, or 2.7 million customers, returned their old furniture.

Last year, Ikea Canada had 25 million visitors in its stores and 75 million visits online.

The proposed initiative comes after Steve Howard, the head of sustainability at Ikea, told a conference in January that appetite for home furnishings in western countries has hit its "peak," prompting the world's largest furniture retailer to look at ways to encourage Ikea customers to repair and recycle.

Sjostrand said Ikea already has recycling programs for plastics, paper, light bulbs and mattresses in place in Canada, and was also the first retailer in the country to phase out the sale of incandescent light bulbs in favour of energy-saving LED bulbs.

Although it's taking a more planet-friendly approach to commerce, Sjostrand said this won't slow down its plan to open 12 more full-size stores over the next decade in Canada. The next location was recently announced for Halifax.

For Ikea, brick-and-mortar stores are still its largest sales driver, accounting for about 93 per cent of sales last year. Canada has the most Ikea pickup and order locations out of any country, with the others opened last year in Spain, Norway, Finland and the United Kingdom. THE CANADIAN PRESS

Bedding items are shown at Ikea's latest pickup and order store in Whitby, Ont., on Tuesday. The company is looking at bringing a "take back" program to Canada that allows customers to trade Ikea furniture for store credit. DANE COOTE/THE CANADIAN PRESS

BOMBARDIER

Company cuts 7,000 positions

Bombardier is implementing one of the deepest job cuts in its history by eliminating 7,000 positions — including more than a third in Canada — though it took pains Wednesday to train the spotlight on a large plane order with Air Canada.

3,200

Of the 7,000 jobs, about **3,200 will be from the rail division.**

The layoffs represent close to 10 per cent of Bombardier's global workforce and are expected to take place over the next two years.

"Today I feel we have done our homework," CEO Alain Bellemare said. "We are at the right place and I feel good about our ability to turn Bombardier around."

Amid the bad news, there was a sign that Bombardier could be reviving its fortunes: a letter of intent that could see Air Canada buy 45 CSeries 300 planes. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Thursday, February 18, 2016

CHANTAL HÉBERT: ON THE ASSISTED-SUICIDE VANGUARD

In contrast with comparable debates, this one will see the Liberal party break with the tradition of allowing its MPs — even when it is in government — to vote freely on so-called issues of conscience.

When the House of Commons votes on medically assisted suicide later this year, it will be making history in two controversial ways.

So far, only a handful of countries have included the option of assisted suicide in their end-of-life medical protocol. The upcoming federal legislation will be taking Canada in relatively uncharted social policy waters.

And then in contrast with comparable debates pertaining to the death penalty, abortion rights and same-sex marriage, this one will see the Liberal party break with the tradition of allowing its MPs — even when it is in government — to vote freely on so-called issues of conscience.

It is hard to quarrel with the notion that medically assisted suicide falls in the limited category of policies that stand to go against the deeply held personal convictions of some MPs. When it adopted a provincial law along similar lines, the Quebec national assembly held a free vote.

At the federal level, the Conservatives will not impose a party line on their MPs. Nor will the NDP. In contrast with reproductive rights, the New Democrats have historically not championed medically assisted suicide. They, like their Conservative colleagues, will be free to make up their own minds as to whether to support the bill.

A government that cannot automatically count on its majority to get its way is more likely to be receptive to the arguments of all MPs.

But the Liberal decision to forego a free vote is part of a broader change designed to ensure Justin Trudeau's caucus walks the talk of the party's professed commitment to charter rights. That was not always the case in the past with divisions surfacing on votes on abortion and gay rights.

The new approach was part and parcel of the recent Liberal platform.

It could also be argued that forcing the party line on the majority Liberals removes any uncertainty as to the fate of the bill in the Commons.

The last time the House pronounced on the issue of medically assisted suicide an overwhelming majority of MPs — including an equally overwhelming majority of Liberals — voted against it by a margin of 228 to 59.

But that was at a time when the Supreme Court still held that the ban on the procedure was constitutional. Since then the top court has reversed itself.

Based on the recent past, that reversal would be grounds for many MPs to reconsider their position, regardless of whether the vote was a free one.

After the courts ruled in favour of same-sex marriage a bit more than a decade ago, many MPs who had previously supported the definition of marriage as a union between a man and a woman changed their stance.

To make supporting the bill even easier, MPs will not actually be asked to give the green light to medically assisted suicide. That ship sailed when the Supreme Court struck down the Criminal Code sections that prohibited it.

The main purpose of the federal legislation currently being drafted against a court-imposed June deadline is to avoid a patchwork system of end-of-life care by putting in place a common national framework.

All that being said, in its quest to present a united front on an issue involving a charter right, Trudeau's government may be doing a disservice to the debate and to the legislation that will result from it.

A government that cannot automatically count on its majority to get its way is more likely to be receptive to the arguments of all MPs. The opposition parties, in return, are more likely to feel they have a stake in the resulting legislation.

One of the strengths of the Quebec law is that it was supported freely by a majority of MNAs of every political stripe. The four parties came away from the discussion feeling they had all had real input in the process.

As a result, the Quebec law is not at the mercy of a change in government and — even as it remains controversial in some circles — it is hard to make a case that is the product of an artificially imposed consensus.

And then, in contrast with their elected colleagues, all senators will be free to vote as they please on the legislation. By foregoing a free vote in the House of Commons, Trudeau is inviting the groups that are lobbying against the measure to make their stand in the upper house.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: A stitch in time

Embroidery, for centuries practically the only fine art form open to women, has gained a very 21st-century champion: Taylor Swift. The pop diva had a hoodie hand-stitched whimsically with her nickname, TayTay, and like many things rustic and retro, it was an instant hit on social media. Decorative sewing — on pillows, dish towels, wall hangings, clothes — was once an activity reserved for refined ladies in drawing rooms. Now it has taken on a decidedly punk flair (a related fad is "crass stitch." It's exactly what it sounds like). Major designers are releasing lines of embellished denim for spring, inspired perhaps by the ever-more-elaborate needlework showcased on Pinterest and Instagram. Much of it is designed digitally, then meticulously hand-sewn. And seemingly everybody is lining up to learn how: At an upcoming workshop in Toronto (two straight days of sewing!), the list of people interested outnumbers available spots by a factor of 20.

SOURCE: THE TELEGRAPH; PHOTO: DREAMALITTLEBIGGER.COM

ROSEMARY WESTWOOD

metroview

No government has any business deciding who's press.

One year ago, Ezra Levant, king of right-wing punditry, launched a news website to "light a candle" after the death of Sun News Network.

He called it The Rebel, and promised to "rebel against the smug mainstream media.... Rebel against the idea that Jian Ghomeshi and Brian Williams are real journalists, but we're not, because we're direct-to-the-Internet."

Ghomeshi had been fired months before, but it was otherwise a prophetic statement: On Tuesday, Alberta's NDP government deemed that, no, The Rebel's staff are not real journalists.

"If you have testified under oath that you are not a journalist" — a disingenuous reference to Levant's claim to be a pundit, not a reporter — "then we don't consider you a journalist," it said in a statement, after banning two Rebel staff from press events in recent weeks.

Cue a national outcry over free speech. Cue Wednesday's backtracking of the ban: "It's clear we made a mistake," the premier's communications director said.

Indeed. No government has any business deciding who's press and who's not — least of all the Alberta NDP, which has enough problems as it is, chiefly the decimation of oil prices and its own dismal approval ratings.

In Alberta, reporters and photographers don't even have to be part of the provincial legislative assembly's press gallery (an organization of accredited media) in order to cover news conferences, said gallery president and Calgary Herald reporter Darcy Henton in a statement. He added the gallery's support for "the right of journalists to provide vigorous and diverse" political coverage.

That was a welcome shout-out from the "smug mainstream media" to The Rebel, which posted the statement. Elsewhere on its site, Faith Goldy, a former Sun personality, parodied the fiasco with a "coming out" video as a "real journalist." It's not funny (as she hopes) because it makes fun of LGTBQ people. It's funny because there's no definition of a "real" journalist.

This is an open and free profession. I don't have a degree in it. Anyone can start a news site. In Ottawa, BuzzFeed and Vice are in the press gallery. What I, or anyone, think of The Rebel's ideological slant is immaterial. It should have access to the government, like the rest of us, barring it doesn't break the law.

But the NDP? It can't even practise its own inclusive lefty idealism. Now it's having to review its media policies to save face, and The Rebel (predictably) has threatened to sue. But hey, that's its right.

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metro LIFE

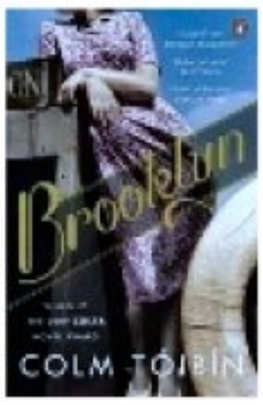
Your essential daily news

Original 1929 Oscar cast to make statuettes awarded in 2016

THE BOOK VS. THE MOVIE WHICH ONE IS BETTER?

Hollywood's gone book crazy if the latest Oscar noms are anything to go by. Six movies in the best film, best director and best adapted screenplay categories were originally books. Which prompts us to ask the age-old question: which is better, the movie or the book? TORSTAR NEWS SERVICE

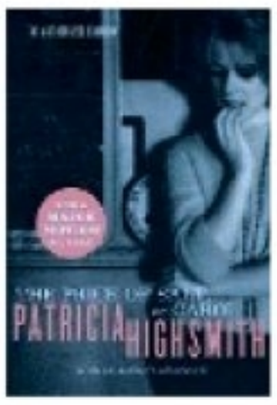
1 Brooklyn



Based on the 2009 novel by Colm Toibin

Brooklyn is one of those rare cases in which the novel and film complement each other rather than compete. The film brings a vibrant life to the story, while the novel allows for greater immersion and intensity. Each satisfies on its own, but they're best taken together.

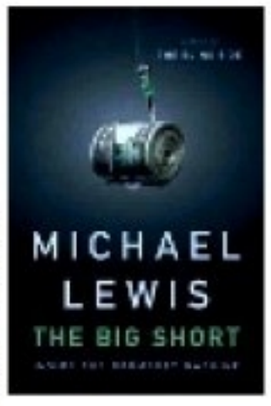
2 Carol



Based on the 1952 novel The Price of Salt by Patricia Highgate

Anyone who sees Carol should also be required to read The Price of Salt, to fully absorb the impact and significance of the story as well as the depth of what these people feel for one another. It's a love that defies convention but also one that is just like anyone else's.

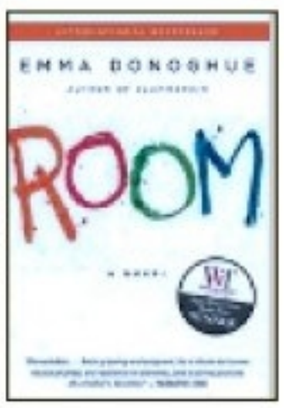
3 The Big Short



Based on the 2010 book by Michael Lewis

It's always tempting to come down on the side of the book, but a topic of such supreme denseness (we're talking subprime mortgages, collateralized debt obligations and credit-default swaps) needs all the help it can get. So the movie entertains and enlightens more than the book ever could.

4 Room



Based on the 2012 book by Emma Donoghue

The book asks more from us as all books do: to use our imaginations and interpret what we read through our own experience. But the movie was fantastic and evoked all of the emotions experienced while reading the book: fear, disgust, incredulity. So it's a bit of tie.

5 The Revenant

Based in part on the novel The Revenant by Michael Punke

The differences between the book and film are so significant as to raise questions about filmmaker Alejandro Gonzalez Inarritu's motivations. Why a climactic showdown, rather than the ending of the book? Why change Glass's back story to include a native wife and son? The book is a subtler, stronger piece of storytelling, but there is no denying the primal force of the film.

6 The Martian

Based on the 2014 book by Andy Weir

The page-turning plot transfers largely intact from author Weir's page to director Ridley Scott's screen. The movie is the better version of the story. Scott is a master at putting sci-fi sagas and worlds onto the screen, having previously done so with Blade Runner, Alien and Prometheus.

Shatner on his frenemy Nimoy

MEMOIR

Star Trek co-stars were not speaking when Nimoy died

The walls and shelves inside William Shatner's office are covered with the kinds of memorabilia you'd expect from someone who's served for over 50 years as a pop-culture icon.

There are framed awards, art pieces, posters for Montreal sports teams and covers of his past books.

Shatner's latest memoir, Leonard: My Fifty-Year Friendship with a Remarkable Man, came out Tuesday. In the book, Shatner details his relationship with Star Trek comrade Leonard Nimoy, who died a year ago.

When he's asked about one image in particular — a picture of Shatner, Nimoy and their late Star Trek co-star DeForest Kelley — he doesn't remember where or when the picture was taken. However, he's struck by their body language. In the photo, Shatner and Nimoy are smiling together off to one side, while the Dr. McCoy actor appears more serious away from the duo.

William Shatner, right, is shown in 1978 with Star Trek co-star Leonard Nimoy, the subject of his latest memoir, Leonard: My Fifty-Year Friendship with a Remarkable Man. JLR/THE ASSOCIATED PRESS

"I suppose Leonard and I were closer than we were letting on even there," Shatner says with his eyes gleaming like he'd just discovered a new alien world.

The 84-year-old actor-writer spoke with The Associated Press last week about his on-again, off-again relationship with Nimoy from behind the desk in his office.

Why did you want to write a book about your relationship with Leonard?

It marks the period at the end of this long paragraph of our lives together. I thought I needed to say this for myself, but it may be of interest to other people.

Why do you think you and Leonard were close?

We were so much alike and had so much in common — both in our personal and professional history — that we were able to speak on terms that we both understood. I never had that before. (He was) a brother I never had. That's how he and I referred to each other.

How difficult was it to revisit your relationship? There were highs but also lows.

It was very difficult to be entirely honest with myself. I think sugarcoating was a possibility, and I didn't want to do that. This is the truth, as I see it. I'm not going to be around for a great deal more time, and (the book) will hopefully define, if someone is interested, what these two actors felt.

Eventually, Leonard and you weren't on speaking terms with each other. How do you feel about not having any closure with him before his death?

I feel a great deal of sadness. Here was this great friend who had a problem with me, and I don't know what the problem is — no matter what I tried to do. Leonard had done that more than once with other people. It was his means of protecting himself, in some manner. I don't know what it was. It'll remain a mystery.

How do you feel about criticisms from people that this book capitalizes on his death and you shouldn't have written it?

I don't understand that. Why not? It happened to me. It didn't happen to them. I have made many stories, anecdotes and dramatic readings of things that have happened to me. THE ASSOCIATED PRESS

No purchase necessary. One entry per person per day. Contest open to residents of the cities of Vancouver, BC, Calgary and Edmonton, AB, Winnipeg, MB, and Ottawa and Toronto, ON, and Halifax, NS who have attained the age of majority in their province of residence as at the start of the Contest Period. Odds of winning depend on the number of eligible entries received in each city. Thirty (30) prizes are available to be won in each market, consisting of two (2) passes to a screening of Gods of Egypt on February 25, 2016. Approximate retail value of each prize is $22.33 CAD. Each eligible entrant who correctly answers a skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on February 19, 2016 and closes at 11:59 pm ET on February 22, 2016. To enter and for complete contest rules, visit www.metronews.ca/contests.

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- Dedication to achieving extraordinary results Excellent oral & written presentation, communication and negotiation skills
- Excellent time management skills, highly organized, detail oriented, efficient, ability to meet tight deadlines, ability to set priorities and manage daily tasks
- Creative and collaborative
- Proficient in Microsoft Office – Word, Excel, PowerPoint & Outlook
- CRM experience is an asset
- Strong sense of accountability
- Must be a team player

If you think you have what it takes for this position, send your resume and cover letter to hr@metronews.ca no later than February 21st, 2016. PLEASE QUOTE: "Account Manager, New Business Development – Calgary" in the subject line. We would like to thank all applicants for their interest in this position; however, only those considered for an interview will be contacted. All submissions will be treated as confidential.

metro

The many ways to look at a fat girl

SHORT STORIES

Mona Awad gets personal about body image in book

Sue Carter
For Metro Canada

Anyone who has ever deleted an unflattering selfie or faced the mirror with a sigh will relate to some aspect of Mona Awad's series of connected stories, 13 Ways of Looking at a Fat Girl, published by Penguin Canada.

Drawing from personal experience, Awad digs deep into the complexities of body image, and how we see others and ourselves.

She first explored the topic through personal essays, but found real freedom and honesty through fiction. Told through 13 vignettes, the often-funny stories follow tough-minded yet vulnerable suburbanite Lizzie as she transforms from a "fat girl" teenager to a food-obsessed thin woman.

The book travels with young Lizzie from Misery Saga (a.k.a. Mississauga) and the goth clubs of Toronto's Queen West neighbourhood to an adulthood marked by body-conscious health clubs and boutique clothing stores.

"There are all these different ways in which body image affects our lives, and certainly that what I observed with other people who have struggled with this," Awad says.

"I was interested in how body image affected the dynamics in friendship, and how it affected your relationship to sex, to your husband, to your mother, to clothes and food and yourself, and how that might change — or not — depending on how you feel about your body."

Although Lizzie loses weight and develops into a thin adult, her former self never completely vanishes.

She later returns to the plus-sized clothing store Addition Elle, the scene of much teenage distress and frustration with its proliferation of glittery, rhinestoned animal-patterned shirts.

In a short, taut story named after the store, Awad deftly sums up the complex emotions many of us face at one point or another in a dressing room.

"It's just clothes but the relationship is just so charged," says Awad.

"Addition Elle really unlocked something for me. There's a lot of anxiety there, a lot of desire, and hope and frustration."

Awad, who grew up in Montreal and Toronto, and is now pursuing her PhD in creative writing and English literature at the University of Denver, wrote 13 Ways of Looking at a Fat Girl in part because she observed a lack of narratives that handle body image in a way she desired.

"I wanted to explore the underside and complications around transformation, and ask the question: when you change, can you really change?

"Do you leave a former self behind, or is it still informing the way you are in the world and interact with people, and the way you see yourself?"

Sue Carter is the editor at Quill & Quire magazine.

Mona Awad's 13 stories tell the tale of suburbanite Lizzie as she transforms from 'fat girl ' to thin woman. CONTRIBUTED

GOSSIP BRIEFS

Middleton uses HuffPo to kick off mental health project

Prince William's wife Kate guest-edited the British edition of news website The Huffington Post on Wednesday to help raise awareness of the "devastating" issue of children's mental health. The mother-of-two launched a global initiative, Young Minds Matter, as she took over the site, writing: "For too long we have been embarrassed to admit when our children need emotional or psychiatric help." Kate said that she and William, the second in line to the British throne, "would not hesitate to seek help" for their children, adding that they hoped "to encourage George and Charlotte to speak about their feelings."

AFP

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BOOK EXCERPT **THE WIDOW BY FIONA BARTON**

‘My husband died three weeks ago’

Fiona Barton JUSTYN WILLIS

England’s Fiona Barton is an international media trainer working in developing countries and was formerly a senior writer for the Daily Mail. She also worked as a news editor at the Daily Telegraph and as chief reporter at The Mail on Sunday. It was her experience covering notorious crimes and trials that inspired her to write The Widow, her first novel. The Widow, now in stores, is a psychological thriller that gives an acute portrait of a marriage in crisis.

I can hear the sound of her crunching up the path. Heavy footed in high heels. She’s almost at the door, hesitating and smoothing her hair out of her face. Nice outfit. Jacket with big buttons, decent dress underneath and glasses perched on her head. Not a Jehovah’s Witness or the Labour party. Must be a reporter, but not the usual. She’s my second one today — fourth this week, and it’s only Wednesday. I bet she says, ‘I’m sorry to bother you at such a difficult time.’ They all say that and put on that stupid face. Like they care.

I’m going to wait to see if she rings twice. The man this morning didn’t. Some are obviously bored to death with trying. They leave as soon as they take their finger off the bell, marching back down the path as fast as they can, into their cars and away. They can tell their bosses they knocked on the door but she wasn’t there. Pathetic.

She rings twice. Then knocks loudly in that rap-rap-rappity-rap way. Like a policeman. She sees me looking through the gap at the side of my net curtains and smiles this big smile. A Hollywood smile, my mum used to say. Then she knocks again.

When I open the door, she hands me the bottle of milk from the doorstep and says, ‘You don’t want to leave that out, it’ll go off. Shall I come in? Have you got the kettle on?’

I can’t breathe, let alone speak. She smiles again, head on one side. ‘I’m Kate,’ she says. ‘Kate Waters, a reporter from the Daily Post.’

‘I’m ~’ I start, suddenly realizing she hasn’t asked.

‘I know who you are, Mrs Taylor,’ she says. Unspoken are the words: You are the story. ‘Let’s not stand out here,’ she says. And as she talks, somehow, she’s come in.

I feel too stunned by the turn of events to speak and she takes my silence as permission to go into the kitchen with the bottle of milk and make me a cup of tea. I follow her in — it’s not a big kitchen and we’re a bit of a squeeze as she bustles about, filling the kettle and opening all my cupboards, looking for cups and sugar. I just stand there, letting it all happen.

She’s chatting about the units. ‘What a lovely fresh-looking kitchen — I wish mine looked like this. Did you put it in?’

It feels like I’m talking to a friend. It isn’t how I thought it would be, talking to a reporter. I thought it would be like being questioned by the police. Thought it would be an ordeal, an interrogation. That’s what my husband, Glen, said. But it isn’t, somehow.

I say, ‘Yes, we chose white doors and red handles because it looked so clean.’ I’m standing in my house discussing kitchen units with a reporter. Glen would’ve had a fit.

She says, ‘Through here, is it?’ and I open the door to the living room.

I’m not sure if I want her here or not — not sure how I feel. It doesn’t feel right to protest now — she’s just sitting and chatting with a cup of tea in her hand. It’s funny, I’m quite enjoying the attention.

I get a bit lonely inside this house now that Glen is gone.

And she seems to be in charge of things. It’s quite nice really, to have someone in charge of me again. I was beginning to panic that I’d have to cope with everything on my own, but Kate Waters is saying she’ll sort everything out.

All I have to do is tell her all about my life, she says.

My life? She doesn’t really want to know about me. She hasn’t walked up my path to hear about Jean Taylor. She wants to know the truth about him. About Glen. My husband.

You see, my husband died three weeks ago. Knocked down by a bus just outside Sainsbury’s. He was there one minute, giving me grief about what sort of cereal I should’ve bought, and the next, dead on the road. Head injuries, they said. Dead, anyway. I just stood there and looked at him, lying there. People were running round finding blankets and there was a bit of blood on the pavement. Not much blood though. He would’ve been glad. He didn’t like any sort of mess.

Everyone was very kind and trying to stop me seeing his body, but I couldn’t tell them I was glad he’d gone. No more of his nonsense.

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STREAMING

Study shows slow internet is bad for your health

Video streaming delays generate as much stress as watching a horror film, the Swedish telecom company Ericsson said Wednesday.

Ericsson, which sells equipment to mobile telephone companies to accelerate download speeds and prevent delays or buffering, said its study measured the heart rate, brain activity and eye movements of people watching videos on a mobile phone.

People were asked to perform tasks on deadline, during the study, which required them to watch a badly buffered video download. Subjects experienced an average heart rate jump of 38 per cent, according to Ericsson.

If this buffering delay lasted six seconds, "the stress response to delays was similar to that of watching a horror movie or solving a mathematical problem and greater than waiting in a checkout line at the grocery store," Ericsson said in its quarterly report on trends in the mobile internet.

The test was conducted in Denmark, a country which boasts some of the world's fastest mobile internet speeds, averaging 22.3 megabits per second in 2014, according to researchers at the Finland's Aalto University.

Over the last twelve months global mobile data traffic, which includes streaming, increased by 65 per cent, according to Ericsson. AFP

TV BRIEFS

CBC re-orders comedies

CBC has ordered more of its biggest comedies.

A third season of Schitt's Creek will debut in winter 2017. The single-camera sitcom stars Eugene Levy and Catherine O'Hara as a couple who loses their fortune and moves their family to a small town they bought as a joke.

A sixth season of the classroom comedy Mr. D has been green-lit for a fall premiere, while the sketch comedy series This Hour Has 22 Minutes launches its 24th season this fall. Also returning is Rick Mercer Report for its 14th season. THE CANADIAN PRESS

The cast of Schitt's Creek. HANDOUT

JOHANNA SCHNELLER WHAT I'M WATCHING

Dating is not a romantic comedy, it's misery

Gillian Jacobs and Paul Rust in the Netflix series Love, a comedy about a bombshell that falls for a romantic geek and inverts the standard love equation in the process. CONTRIBUTED

THE SHOW: Love, Season 1, Episode 9 (Netflix)
THE MOMENT: The Fight

Mickey (Gillian Jacobs, Community) and Gus (Paul Rust, a co-creator of the series) don't look like they belong together. He's a geek, a pushover, but he has integrity. She's a bombshell who refuses to understand that she creates her own messes. They started hanging out. He fell hard. She slept with him to see what it was like. Now he's the one who's not calling her back, and she's barged into his workplace.

"Surprise, I'm not the cool girl," she says. "I'm not some girl you f— to prove that you can be dangerous and not some huge dork."

"So that's what I am to you, just this dork," he counters. "Who you f—, and then feel like you're getting your life together because you're f—ing a nice guy and not a piece of sh—."

The argument, and the show, from comedy overlord Judd Apatow, is certainly zeitgeistastic — one of many about millennials struggling to believe in love (Master of None, Girls, UnREAL, You're the Worst). They're not comedies, they're miseries.

Love inverts the standard relationship equation: She's the casually destructive reprobate, he's the romantic. It's about guys who feel left behind because they aren't into hookups, and girls who aren't sure how to navigate their desires.

But what makes it the show for this moment is this: In a culture where we spend much of our lives standing back from ourselves, packaging curated versions on social media, we end up not knowing what's real. Could it be called Love?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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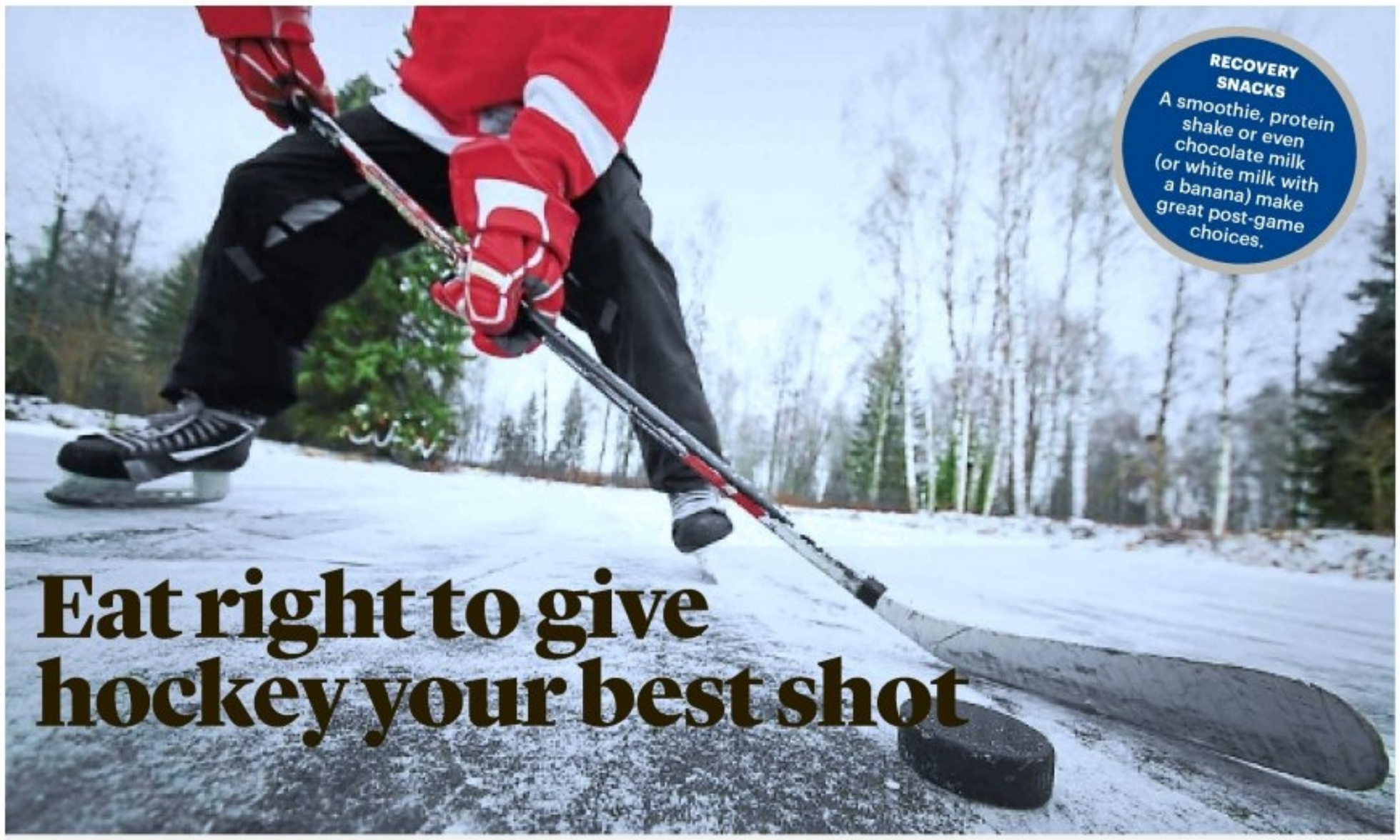

Eat right to give hockey your best shot

RECOVERY SNACKS
A smoothie, protein shake or even chocolate milk (or white milk with a banana) make great post-game choices.

ALL PHOTOS: ISTOCK

PERFORMANCE FUEL

Maple Leafs' nutritionist Jennifer Sygo's top food tips

Hockey is Canada's national winter sport, and while only a select few players will get the chance to play on the sport's biggest stage, more than 600,000 more play every day in everything from house league to sledge hockey — and that's not to mention beer league hockey for the older folks.

No matter what level of hockey you or your kids play, the time you spend at the rink can be full of not-so-nutritious temptations, be it chicken wings or chocolate bars. While convenience foods are exactly that — quick and convenient — with a few easy changes, you can better fuel your performance, both on the ice and off.

Eating before hockey

There's an old saying that what you eat before you play a sport won't win you the game, but it could make you lose it, and, in many ways, that's true. What you eat before a practice or game can help top up your energy stores, but it shouldn't leave you feeling heavy or overly full, or cause an upset stomach, bloating, or indigestion.

Finding the right time and type of food takes time and experimentation, so perhaps it's no surprise that the best players become quite superstitious about their pre-game meal.

Your pre-practice or game meal can be eaten any time up to about four hours before you hit the ice. If you have an early morning practice, or only a short time to eat before your later day practice or game, make the meal smaller and lighter; otherwise, if you have two hours or more, experiment with bigger, more balanced meals that will keep you feeling satisfied longer.

In general, try to include both protein and carbohydrates in your meal: the protein helps you to feel full and also aids in muscle repair if you are still recovering from the previous day's practice or game, while the carbohydrates serve as fuel for any high-intensity activity, like the all-out fast break, or a heavy off-ice workout.

Food to avoid

While healthy fats, such as olive oil, almonds, salmon and peanut butter are an important part of our diet, fats in general are also slow to digest, which means they can leave you feeling uncomfortably full. Keep fats low before hockey — yes, that means skipping the fries, burgers and passing on the bacon — especially if you have limited time before you lace up your skates. Your stomach will thank you.

Like fat, fibre, which is a type of carbohydrate, is good for us — it keeps our digestive tract happy and our blood sugar steady. Also like fat, fibre is slow to digest and can leave you feeling gassy and bloated during a practice or game. So, while they are otherwise healthy, you should limit beans, chickpeas, lentils, wheat bran and even large amounts of whole grains and fibre-rich fruits and veggies (a cup or so is still OK for most), in the hour or two before you play.

Finally, while you might not want to fuel your hockey game with buckets of bran, you don't want to overdo it with sugar, either. While sugary foods, or those that convert to sugar quickly in our body, like white bread, doughnuts, granola bars, white rice and sugary cereals, are relatively quick to digest, they can cause your blood sugar to spike and crash, leaving you feeling tired, shaky and sluggish by the time you hit the ice.

TORSTAR NEWS SERVICE

FOOD IDEAS

Pre-hockey meals

- Grilled skinless chicken breast with brown rice and steamed green beans
- Grilled or baked white fish (like tilapia or cod) with quinoa and a garden salad with balsamic vinaigrette dressing
- Chicken or turkey wrap or sandwich on whole grain bread with mixed veggies. Use mustard instead of higher fat sub sauces or mayo
- Lean steak with a baked or roasted potato or sweet potato and sautéed veggies, like peppers, mushrooms and zucchini

Breakfast meals

- Oatmeal made with milk or soy beverage (almond milk doesn't contain any protein) with slivered almonds and raisins
- Cold cereal with milk and a banana
- Greek yogurt with berries and low-fat granola
- 1-2 eggs on whole grain toast with a side of fruit

Quick snacks

- Small container (100-125 grams) of Greek yogurt and a banana
- Energy bar (e.g. Clif bar, Builder's Bar)
- Smoothie made with banana, berries and milk of your choice
- Toast or a banana topped with a bit of peanut or almond butter

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MEET THE CONDO

Upscale townhomes in Parkdale

Project overview

The Henry is a townhome project in the established neighbourhood of Parkdale. The finishes both outside and in are stylish and classic, and the building has an intimate feel, with only 24 homes and everything you need close by.

Housing amenities

Each townhome comes with its own private rooftop patio overlooking the beautiful Bow River with views of Calgary's nearby downtown. The Henry features a brick exterior that mirrors the surrounding Parkdale community, highlighting the history that the home is now a part of.

In the neighbourhood

With quaint eateries like Avatara Pizza, Leavitt's Ice Cream, Lazy Loaf and Kettle and the Extreme Bean Café, you won't want to leave the community. Parkdale is also fortunate to have its own elementary school, a French junior high school, a community centre and playground — and the Bow River is not too far away.

Location and transit

Perfectly situated in Calgary's beautiful northwest, The Henry is located on Parkdale Boulevard and 28th Street, directly across from the Bow River. An extensive pathway system and easy access to major roadways puts everything nearby. With a bus station in front of the building, public transit is a snap.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: The Henry
Builder: Brookfield Residential
Architect: Hindle Architects
Location: 28th Street and Parkdale Boulevard N.W.
Building: Four buildings, 24 homes
Sizes: 1,605 – 1,868 square feet, with private rooftop patios
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Suites: Two and three bedroom townhomes
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Hours: Monday to Thursday 12 to 6 p.m., Friday closed, Saturday, Sunday and Holidays from 12 to 5 p.m.
Email: Registration form online
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Website: thehenrycalgary.com

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The new nursery for 2016

TRENDS

Everything from gender neutral to baby glam goes

Baby, it's a brand new year. And when it comes to creating the perfect sleep space for little ones, there are more fun options than ever. Styles range from haute to homespun, vintage to vanguard. A look at some of the best:

Interior designer Naomi Alon urges parents to use baby rooms as a space to let their own imaginations run wild. HANDOUT

> **The nursery is just as much about the parents as it is about the baby, and making it a place where mom and dad feel comfortable is key.**
> Naomi Alon, Interior designer

Blurring the lines

Traditional parameters like gender-specific motifs and colours, and room-specific furnishings, are giving way to a more free-spirited approach. Designers are deploying to the nursery dressers, credenzas, art, lighting, mirrors and seating more typically found in grown-up rooms like the master, dining or living room.

Joanna Gick and Jennifer O'Dowd, interior designers in Scottsdale, Ariz., like to use vintage dressers, toys and books as nursery inspiration. Art's a big element, too.

"Gallery walls seem to be a hot trend," Gick says. "The fun thing about them is they're totally customizable to the child's interests, and easy to swap out as they grow. We like to use mixed media — prints as well as wood and metal sculptures — to create a really interesting gallery."

Baby glam

Parents-to-be should view the baby's room as a place to let their own imaginations fly, says Naomi Alon, owner of the Irvine, Calif.-based Little Crown Interiors.

"I encourage my clients to think about the nursery as their inner child's fantasy space," she says.

"This is the one room in their home where they can get away with neon pink wallpaper or an over-the-top chandelier. The nursery is just as much about the parents as it is about the baby, and making it a place where mom and dad feel comfortable is key."

In one of Alon's favourite projects, a nursery in Newport Beach, Calif., she used pink and gold damask wallpaper, a baroque mirror, organza furniture skirts and a big fluffy rug to create a glamorous, girly confection.

Los Angeles duo Emily Current and Meritt Elliot designed gold, arrow-shaped lamps and finials, and gold-woven storage bins for their new Pottery Barn Kids collection. A bold, black-and-white diamond pattern graces a quilt. RH Baby & Child's new collection features upholstered cribs resembling wing chairs; conversion kits allow them to be turned into beds down the road. There's a big selection of chandeliers, too.

THE ASSOCIATED PRESS

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REAL ESTATE

What's hot on the market

KRISTA SYLVESTER/FOR METRO

1 NOW OPEN

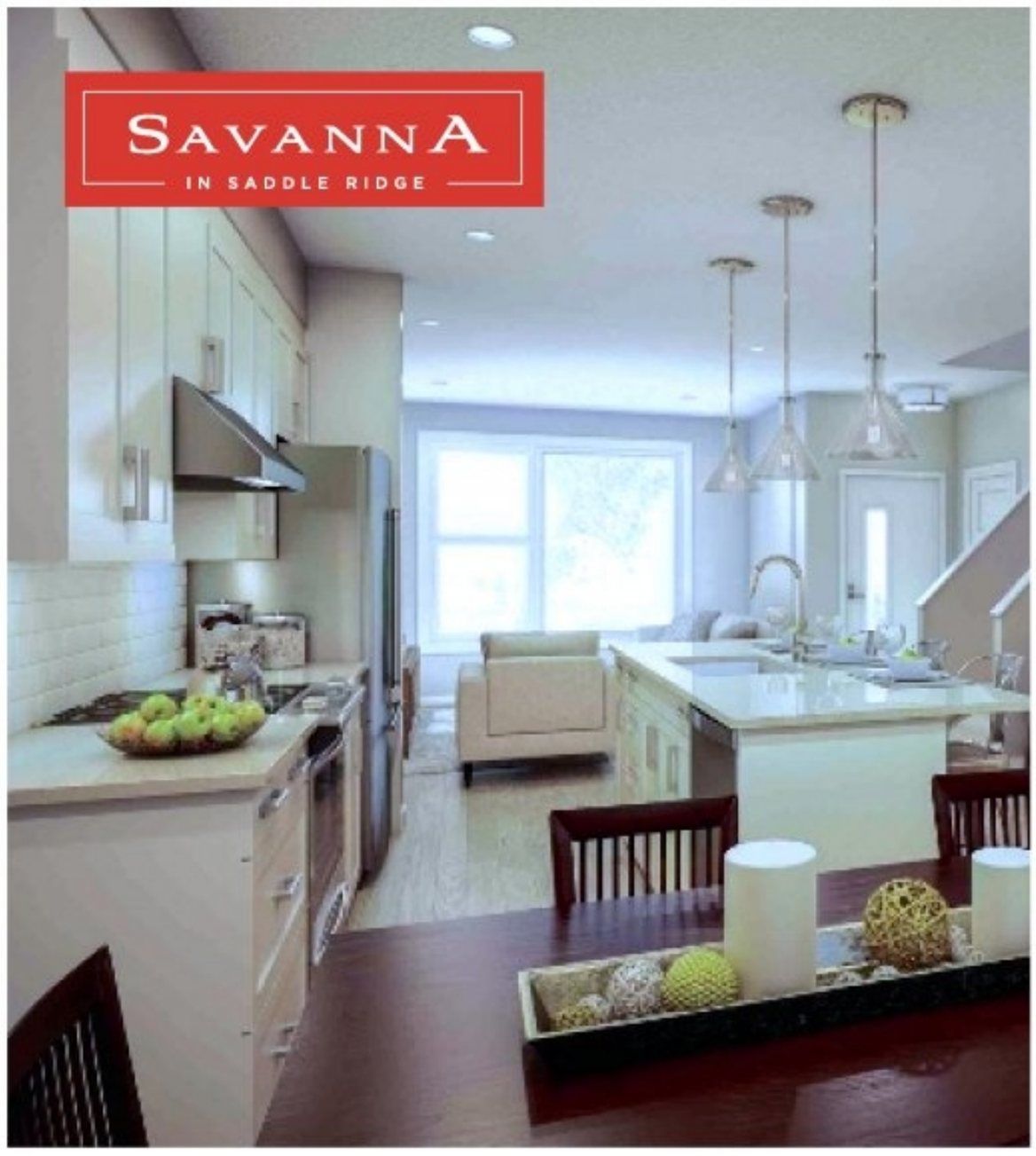
AVLI by RED Management: AVLI is ideally located in one of the city's favourite neighbourhoods of Inglewood, with innovative design, quality and value. With plans available in different shapes and sizes including studios, townhomes and penthouses, this project is anything but ordinary. Visit the sales centre located at 1020 9th Avenue S.E.

2 NOW SELLING

Ezra on Riley Park by Birchwood Properties: This hot new project isn't expected to be complete until Spring 2018 but when it is, it destined to become an iconic address with its coveted architecture. Flats, city homes, townhomes and apartments mean there is something for everyone. Check out the presentation centre at 1145 Kensington Crescent N.W.

3 STILL SELLING

The Concord by Concord Pacific: With 14 stories and 185 units, The Concord is set to change the skyline at the city's west end with vast floorplans and beautiful views. These luxury suits can be viewed at the presentation centre located at 6th Street and 1st Ave S.W in Eau Claire.



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Do it yourself: the terrarium

HANDY WORK

Create your own mini garden at home

Terrariums continue to trend, and for the plant-obsessed urban dweller they are a great small-space solution. A miniature garden under glass is a fun and easy way to add a little greenery to an indoor space. A great gift for a green thumb, all that's required are a few materials from your local garden shop to create a stylish tabletop garden.

Step 1: Gather and shop for the supplies

- Glass containers
- Plants
- Activated charcoal
- Soil
- Small stones or pebbles

Step 2: Add a layer of stones to the container

Add a 1" (2.5-centimetre) layer of stones or pebbles to a clean, dry glass container. The stones will help provide drainage.

TIP

Terrariums tend to thrive in a well-lit space with indirect light. Don't overwater. If the plants look a little droopy or the soil is dry it is time to lightly water.

Step 3: Add a layer of charcoal to the container

Add a ½" (about 1 centimetre) layer of charcoal on top of the stones. This will help keep the soil free from mould.

Step 4: Add soil to the container

Add enough soil to the container to allow your plants to fit comfortably.

Step 5:Add plants

Place your plants in the soil. Add a little extra soil to cover the roots and cover the plants evenly. Place the terrarium in location that gets indirect light. Water lightly and enjoy.

TORSTAR NEWS SERVICE

Terrariums are still on-trend and are a great way to bring some green into a small, urban space.

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METRO SPACES

ISTOCK

Keep the little ones away from chemicals

There are many things parents need to think about when baby proofing their house. With little fingers around and wandering eyes, children always seem to be interested in everything they can't have, touch or play with. Make sure your home is safe from hidden dangers when little ones are around.

We often move precious breakables out of reach, but we should also make sure household chemicals are stored properly, locked out of sight and reach. Just a small amount of a chemical product can be harmful to a child.

Household chemical products such as bleaches, paint thinners, ammonia, detergents and abrasive cleaners are among the top causes of injuries and deaths in children under the age of five.

By following a few a simple steps, you can protect your child from accidental exposure to harmful household products.

• Teach children that the hazard symbols on containers mean DANGER! DO NOT TOUCH!

• Keep chemical products in a locked cabinet, out of sight and reach of children. Never let children play with the containers.

• Keep household chemical products in original containers and never mix them together. Do not transfer or store chemical products into beverage containers and never cover up or remove labels.

• Keep all safety information.

• Make sure child-resistant closures are working properly.

• Keep in mind that child-resistant closures are not child-proof.

• Keep the phone number for the poison control centre by your telephone.

To report an incident, contact the manufacturer or retailer. You are also encouraged to contact Health Canada. *News Canada*

Calgary Flooring Designs products are built to last

When your life is busy, the last thing you want to worry about is your floors.

"In a typical household, the floors need to stand up to a lot," explains Sandy Sangster, owner of Calgary Flooring Designs, a provider of high-quality flooring options in Calgary. "Your typical family has kids playing, pets running around, guests coming in and out and other everyday wear and tear."

That's why floors need to be built to last, she says. Calgary Flooring Designs carries high quality custom flooring of all varieties, including hardwood, engineered hardwood, carpet, laminate, and tiles. Walk into the store and you'll find one of the largest selections of flooring in the city.

Buyers need to understand the implications of the flooring type they're buying, says Sangster. Every type suits different needs.

"When you buy a floor it's a big decision that will impact you and your family for years to come," she says. The knowledgeable staff at Calgary Flooring Designs ask buyers the right questions to help them find the best flooring for their needs and budget, whether they're looking for a high-end design element to add polish to their home, or a tough work surface that will withstand everything that's thrown at it.

Calgary Flooring Designs carries great options for these and everything in between.

ISTOCK

Helping people find a home for all reasons

Variety, attainability and quality fuel the success of leading city-backed home ownership nonprofit.

Diversity is a trait that adds to any city's vibrancy. From third-generation Calgarians to new arrivals; from growing families to empty nesters; from recent grads to retirees . . . the city is as diverse as they come. One common denominator across many of these groups — especially in the wake of the economic downturn — is the desire to find a housing solution that fit their specific lifestyle while adhering to a pared-down budget.

More and more people are finding just such a solution in the City's Attainable Homes program.

"We've been in the business of transitioning renters into home owners for more than five years," shares Attainable Homes Sales and Marketing Manager Tara Cooney. "Despite the softening economy, our home sales are standing their ground. This is primarily because we truly have something for everyone."

Launched in 2010, the Attainable Homes initiative was launched as a way to make home ownership possible for as many qualified middle-income Calgarians as possible. Since then, the program has built a network of complete, diverse and mixed communities in every quadrant of the city.

From established neighbourhoods like Varsity or Mount Pleasant to brand new communities like Copperfield, you'll find an Attainable Homes condo or townhome. The cost of entry is a mere $2,000 down payment, which nets qualifying Calgarians a gifted down payment and a choice of well-built, beautifully-finished homes across the city.

"We exist because the city saw the need to help moderate-income Calgarians onto the real estate ladder," Cooney says. "At Attainable Homes we meet this need every day by providing inventory and price points as varied as our customers themselves. We've got homes ranging from 600 to almost two thousand square feet."

CONTRIBUTED

The influx in Attainable Homes inventory spells good news for Calgarians who may have previously been shut out of the city's competitive real estate market. Because there are so many homes now available, there are a greater variety of choices, and a wider spectrum of ownership opportunities.

"There's an ever-growing demand for our homes because they show well, they're exceptionally priced, and of course they come with a gifted down payment," Cooney says.

Located at #7103 – 302 Skyview Ranch Dr. NE, the new Attainable Homes sales centre and show suite is open from 2 to 8 p.m. from Monday to Thursday, and noon to 5 p.m. on Saturday and Sunday.

A listing of all homes and more information on Attainable Home Ownership Program can also be found at AttainYourHome.com.

THE JUMP TO HOME OWNERSHIP

With well-built, wow-factor properties at every price range and all quadrants of the city, Attainable Homes offers moderate-income Calgarians a way make that all-important leap into home ownership. With only two thousand dollars down, prospective home buyers can get a five year fixed rate mortgage as low as 2.69 per cent through the nonprofit's highly popular Attainable Home Ownership Program. Visit AttainYourHome.com for more information on this exceptional ownership opportunity.

Give your guests a good night's sleep

ISTOCK

Overnight visitors to your home deserve the most comfortable experience possible. Give them a good bed to sleep in.

"If there's one thing you can provide that will make sure your guests have a great stay, it's a great night's sleep," says Charlie Gouldsborough, owner of Simmons Mattress Gallery in Calgary. "Sofa beds are notorious for being uncomfortable. Thankfully there are so many great choices out there for you to provide your guests."

Chest beds are style that's increasing in popularity among those with smaller living spaces, since they can easily fold up into a compact cabinet for storage.

Simmons Mattress Gallery carries sleep chest cabinets that convert into full beds with high-quality memory foam mattresses — ready for your guests to enjoy.

Chest beds can be put anywhere in the home where you're looking to make more space. Many Simmons Mattress Gallery customers put theirs in the home office, up in a small loft space, in the basement, or in a spare room that doesn't have room for a bed because it's already being used for another purpose, like as a sewing room.

Simmons Mattress Gallery has been selling chest beds for nearly a decade, and carefully selects its chest bed models for their quality materials and construction — and ultimately for their capacity to give customers and their guests a great sleep. Simmons only carries chest beds that are made to high quality standards.

From Feb. 25 to 29, Simmons Mattress Gallery will host a booth at the upcoming Calgary Home and Garden Show, inviting visitors the chance to try out a selection of mattresses, chest beds and other specialty products, with special pricing available for the show.

The store is the source in Calgary for anyone who's looking for a top quality mattress, regardless whether it's for guests, or for their own everyday use. They offer made-to-order mattresses of many varieties, many constructed in Calgary to each client's specifications.

"Our top goal is to make sure every customer, and the guests they're buying for, get a great night's sleep," says Gouldsborough.

Simmons Mattress Gallery is located at 7145 11 Street SE in Calgary. Find the store online at agoodnightsleep.ca.

LOOKING STYLISH IN MAHOGANY

Perfectly situated in Mahogany, Calgary's best-selling new community, Sandgate by Hopewell Residential is an affordable, stylish condo development.

Steps from Mahogany Lake, and within walking distance of pathways, green space, confirmed future retailers and more, Sandgate in Mahogany offers an unmatched condo lifestyle.

"Sandgate offers the opportunity to own a stylish and affordable home in Mahogany, which has been named Canada's Community of the Year," says Hopewell's marketing manager Nicole McLaws. "This four-building development offers unparalleled design style, upscale shared spaces, and appealing amenities, all with prices from the low $200,000s, including GST."

This affordable price comes complete with incredible features, such as 10 floor plan options to choose from, in addition to a selection of designer-curated finishings and options. A fitness centre, lending library, guest suites, private barbecue patios and Great Lawn enhance the appeal of Sandgate, both indoors and out.

CONTRIBUTED

"Standard features include nine-foot knockdown ceilings, Whirlpool appliances — including a washer and dryer — and an insulated parkade, plus so much more," McLaws says. "Sandgate has been expertly designed to be rich in character, design and livability, both inside the suites and outside."

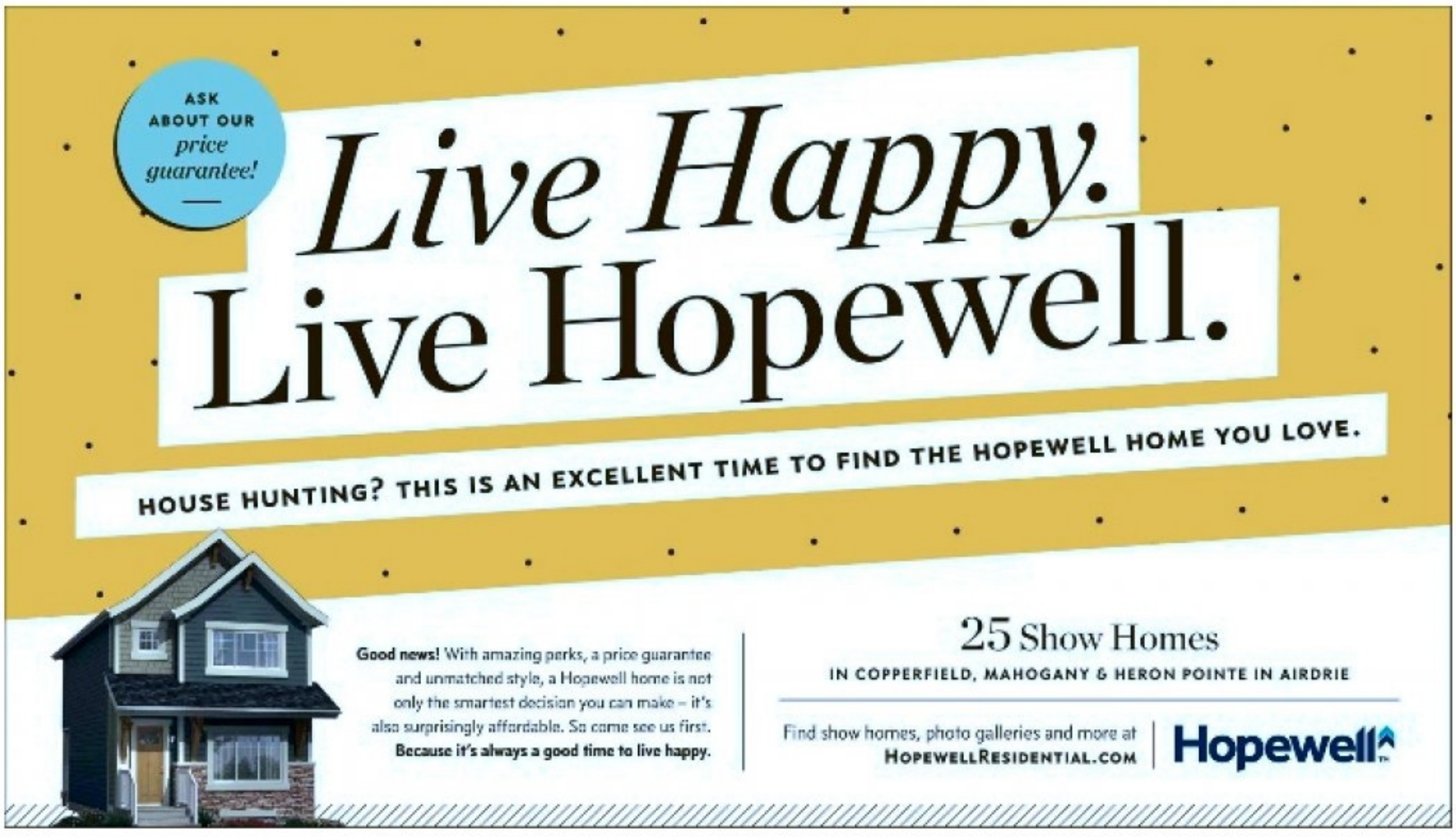
Indeed, Sandgate in Mahogany is in southeast Calgary's award-winning Mahogany, which boasts Calgary's largest lake, a 22,000-square-foot residents' Beach Club, 74 acres of preserved wetlands, playgrounds, walking paths, green space and more.

"Sandgate homeowners will be able to enjoy lakeside living at its best, all year round," McLaws says.

"A residents' Homeowner's Association means year-round events and programs, while the incredible selection of recreational amenities makes it so easy to enjoy an active lifestyle. Even better, the future Greenline LRT is slated to have a station in Mahogany, and we have retailers confirmed for our under-construction Urban Village, including grocery stores, restaurants, banks and more to come."

Sandgate in Mahogany condos are now under construction, with building one of the four-building development taking shape. One- and two-bedroom floorplans are available, with a wide selection of floorplan options and designer-curated finishings.

Visit the Sandgate Presentation Centre at 6 Mahogany Ter. S.E., for details, or go to hopewellsandgate.com.



From nest egg to down payment

HOME OWNERSHIP

Does it make financial sense to withdraw from RRSPs?

Chris Lackner

Are you buying a home sweet home or a money pit? Raiding RRSPs to purchase property is all a matter of perspective — and age.

Withdrawing from RRSPs early can drastically undercut retirement income, according to financial experts. But some of that risk is mitigated for prospective land owners.

The first-time homebuyer tax credit is a viable mechanism for people to withdraw RRSP contributions for their down payment, says Chris Buttigieg, senior manager of wealth planning strategy for BMO Wealth Management.

"Home ownership in Canada hasn't been a bad investment," Buttigieg says. "For first-time homebuyers, and in particular young people, coming up with funds for a down payment is a stretch — especially in this environment (of) student debt, and (unstable) employment."

It's all about hitting that 20 per cent down payment mark, says Charmaine Huber, a certified money coach, and TV host of Your Money Your Business. Homebuyers who fall under that threshold face a three to five per cent premium from the Canadian Mortgage and Housing Corporation. So accessing RRSPs can save money, at least at face value, for first-time house hunters.

The homebuyers' plan allows for a maximum, tax-free RRSP withdrawal of $25,000 — which can mean as much as $50,000 for a couple with ample registered retirement savings. But withdrawing RRSP contributions is only fiscally sound if repayment is prompt and consistent, Huber explains.

"There are penalties for not meeting your (annual) payments," she says, noting homebuyers have to start repaying their RRSP two years after a purchase. "If you don't meet you minimums… you'll be paying more in taxes."

Huber tells buyers' to craft a "saving plan for repayment" from Day 1. Both experts' advice is to work ahead of the 15-year term of annual minimum payments. Unlike new RRSP contributions, these repayments do not reduce yearly taxable income, Buttigieg explains. Plus, losing out on your RRSP tax-free interest can be costly. "You lose that compounding effect," Huber says. "You have to stay disciplined, save, and make sure you pay that money back (quickly)… By default, people tend to focus on that minimum. (But) they won't be doing themselves any favours."

For those not buying a first home, any RRSP withdrawal is considered taxable T4 income, and could even push an individual into a higher tax bracket, Buttigieg explains.

An inaugural primary residence is one thing, but Buttigieg cautions against plundering RRSPs for a vacation property, secondary home or rental property. It's called a retirement savings plan for a reason.

More Canadians should heed his advice. A 2015 Bank of Nova Scotia survey found that four out of 10 Canadians access their RRSPs before retirement. While 16 per cent were first-time home purchasers, others withdrew their retirement nest egg to cover things like vacations, renovations, appliances, and even day-to-day expenses.

As people age, tapping into RRSPs for a first-time property makes increasingly less sense.

"You should be aiming to retire with no mortgage or debt at all," says Huber. "If you got started later in life and it's the only way to get into the market, you may have to do it… but don't take money out if you're, say 60, and retiring in the next five years."

Repaying RRSPs past 71 can be problematic, Buttigieg adds. That's the age Canadians are required to liquidate or convert RRSPs to a registered retired income fund. Any RRSP withdrawals need to be repaid fully at that point, or they become taxable income.

For first-time homebuyers, tapping into RRSPs is an option as coming up with funds for a down payment is a stretch. ISTOCK

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Robert Brodey at his wedding in 2012. CONTRIBUTED

Keeping on track the round-about way

BUDGETING

Hitting life's milestones 'out of order' can shake up budget

Camilla Cornell

Robert Brodey, 47, and his wife Lara, 43, don't put much stock in following the traditional sequence of life events: Graduate university, get married, buy a house and a car, have kids. They like to shake things up.

"We moved in together in 2010," says Brodey, "and within two months we realized we were pregnant. We kind of skipped the honeymoon and went right into preparing to be parents."

Two years later the couple tied the knot, with Sevan to accompany them down the aisle. They dispensed with the house altogether. And the car.

According to a recent TD Bank Group survey, they're not alone. TD found nearly six in 10 (58 per cent) Canadians have completed or are on track to complete their life's milestones in a different order than they originally expected. GenXers were most likely to mix things up (64 per cent), with millennials following closely behind at 52 per cent.

"Wouldn't it be great if we could plan life according to an order," says Crystal Wong, senior regional manager for TD Wealth Financial Planning. The reality, she says, is that, life takes unexpected swerves. "Some people focus on (their) career and don't find a partner until later in life," she says. In that case, they may combine two or even three life events — getting married, buying a house and having a child in close succession.

For other people, children come earlier than expected, and still others skip certain milestones (say home ownership or children or even retirement). "There really are no rules anymore," says Wong. But whether your path is straightforward or has plenty of switchbacks to navigate, "you will still likely have some milestones that you need to finance."

For Brodey, a photographer and writer, and Lara, an actress, the advent of Sevan (who turns five in March) meant it made sense for Brodey to take on a full-time job with the law firm where he'd been clerking part-time until then. Prior to that, he says, "I tended to work just long enough to take time off to travel and write, but we needed the stability that came with a permanent position."

That said, Brodey hasn't given up on his dreams. He continues to take assignments that give him an opportunity to visit far-flung locales. "That way the travel gets paid for and I get paid too," he says.

What's more, although Brodey and Lara recognize they'll probably never own a house in Toronto's overheated market, they do allocate money to the things they regard as most important. "We have almost $12,000 in an RESP for Sev," says Brodey. "We may not have tons of money for him at the end of the road, but we'll make sure he gets an education. That is a priority."

In addition, they stash money in an RRSP when they can. The couple manage to save by keeping their monthly nut low.

"We don't have a car — I Bixie bike to work so that costs me only $100 a year for transportation," says Brodey.

"We don't have cable TV and we go to the library to get books. I look at our monthly expenses and go, 'What are those things that add up that I can get rid of?'"

> **"There really are no rules anymore ... (but) you will still likely have some milestones that you need to finance."**
> Crystal Wong, senior regional manager for TD Wealth Financial Planning

That's a process every individual or couple should go through, says Wong. No matter what phase of life you're in, it helps to plan ahead, set priorities and save for the things you find most meaningful.

Wong suggests meeting with an accredited financial adviser early — while you're still in your 20s.

"Just as you have regular appointments with your doctor and your dentist," she says. "You should go see your financial adviser at least once a year to discuss the milestones ahead and the associated costs and set a plan in place to get you on track."

Save for retirement without earning more

Vawn Himmelsbach

Many Canadians have good intentions about putting money into RRSPs or TFSAs to save for the future. But being asked to put aside 10 per cent of their earnings for retirement can seem like a lofty — or impossible — goal, even for those who make a decent living.

But there are ways to make the saving process easier by maximizing assets, even without earning more money.

When saving for retirement, the magic number is typically considered to be 10 per cent of your income (that would include any contributions from an employer-sponsored pension).

But these days, not everyone has a pension; many Canadians are employed part-time, or through contract, temp and flex work, and switch jobs multiple times throughout the course of their career.

"I often see people be discouraged because it seems unrealistic," said Angela Iermieri, a financial planner with Desjardins Group. But they may not be considering all of their options.

"The rule that we've always heard is: Pay yourself first," she said. "You get your pay cheque every week and allot an amount to your savings." With pre-authorized payments, you're also less likely to notice it's gone.

It's also easier to save throughout the year instead of scrambling to come up with a lump-sum payment at the end of the year. It may be easier to put aside $35 a week, rather than trying to find $2,000 in February.

If you create a budget, you'll have a better sense of where your money is coming from and where it's going. Creating better cash flow could be as easy as refinancing certain debts, such as credit card debt or personal loans, said Iermieri. By consolidating or refinancing those debts, it could free up some space in your budget.

Seeking professional advice can make the saving process easier by maximizing assets in ways you were unaware. ISTOCK

And that, in turn, could be put into an RRSP.

"Even if you don't have a pension fund, some employers offer to contribute to a group RRSP," she said. In this case, employees can choose to contribute to an employer-sponsored RRSP fund; they can typically choose how much to contribute, and the funds are deducted at source. (There are several other forms of employer-sponsored retirement plans, such as a defined benefit plan, defined contribution plan or pooled registered pension plan.)

Many Canadians, though, don't have a pension plan, and their retirement savings are their responsibility. And if they have extra cash, they may not know whether it will best serve them in an RRSP or TFSA — or if they should pay off their mortgage.

The RRSP, TFSA, or mortgage decision is more complicated than many believe, said Douglas Warren, a consultant with Investors Group. "This is why a comprehensive financial plan provides benefits beyond a simple investment strategy," he says.

Among the variables to be considered in such a decision are age and income, their mortgage rate, their expected investment returns and their RRSP/TFSA contribution room.

An RRSP helps you defer taxes, where you receive a refund now on your contribution, but you'll have to pay taxes when you withdraw those funds. A TFSA isn't a tax-deferral strategy, but you don't get taxed when you withdraw funds.

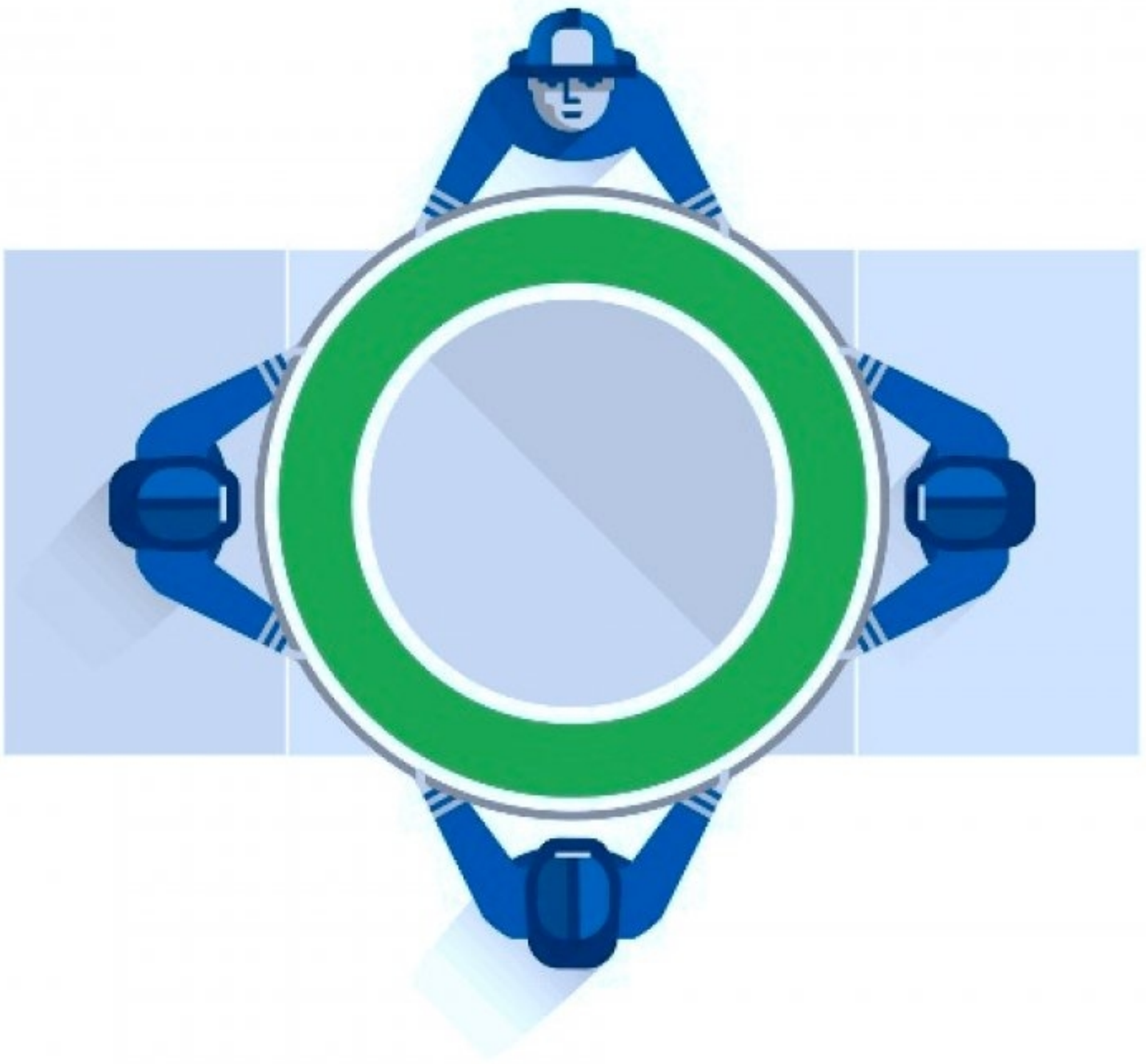
If your marginal tax rate now is greater than your expected marginal tax rate in retirement, you will have a preference for RRSPs, said Warren.

"Estimating your expected marginal tax rate in retirement is not straightforward and you need to consider such factors as income-tested credits and benefits such as Old Age Security claw-back."

A strategy to take advantage of both TFSAs and RRSPs with the same money is to contribute to your RRSP, he said, and then use any resulting tax refund to contribute to your TFSA.

"If you make regular RRSP contributions through the year you can file a T1213 through CRA to reduce your deductions at source," he said. "This allows your employer to deduct less tax from each pay cheque."

This means you won't get as big a tax refund at the end of the year, but it will increase your regular cash flow, which could be put toward savings.



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metro SPORTS

Lionel Messi scored his 300th and 301st La Liga goals in Barcelona's 3-1 win over Sporting Gijon

Appeal rejected

FLAMES

Bettman upholds Wideman's 20-game ban

NHL commissioner Gary Bettman upheld Calgary Flames defenceman Dennis Wideman's 20-game suspension for cross-checking a linesman.

The NHL announced the appeal decision Wednesday.

Wideman met with Bettman at a hearing in New York last week after the player appealed the suspension handed down Feb. 3 by NHL senior executive vice-president of hockey operations Colin Campbell. The NHL Players' Association later said in a statement that it plans to further appeal to neutral arbitrator James Oldham.

Wideman knocked down linesman Don Henderson during the second period of the Flames' game against Nashville on Jan. 27. Wideman was checked hard into the boards by Predators winger Miikka Salomaki. Wideman banged his stick on the ice, then knocked down Henderson in front of the Nashville bench. Wideman said he was in pain and was just trying to get off the ice, adding that he couldn't avoid Henderson.

"I do not see a basis for a lesser penalty, particularly given the severity of the conduct involved," Bettman wrote in the decision. "On the other hand, I have the authority to impose a more substantial suspension, and I am troubled by Mr. Wideman's total failure to accept any responsibility for his actions.

"Indeed, although he made much at the hearing about the apologies he had already made to Mr. Henderson, the sincerity of those apologies rings somewhat hollow given the text message he sent to a teammate on Feb. 2 — after the conclusion of the hearing before Mr. Campbell — that 'the only problem and the only reason I'm here is cause the stupid refs and stupid media.'"

THE ASSOCIATED PRESS

GOALTENDING

Ramo done for the season

Calgary Flames goaltender Karri Ramo will miss the rest of the season after suffering a torn anterior cruciate ligament and meniscus damage in his left knee during a game last week.

The 29-year-old Ramo is 17-18-1 this season with a 2.63 goals-against average and .909 save percentage.

A WILD KIND OF NIGHT Jason Zucker of the Wild checks the Flames' Ladislav Smid into the boards at the Scotiabank Saddledome on Wednesday night. The Flames entered the matchup having lost their last two games. For the story, go to metronews.ca.

LARRY MACDOUGAL/THE CANADIAN PRESS

BOXING

Nike dumps Pacquiao

Manny Pacquiao's comments disparaging gays have cost him his contract with apparel giant Nike.

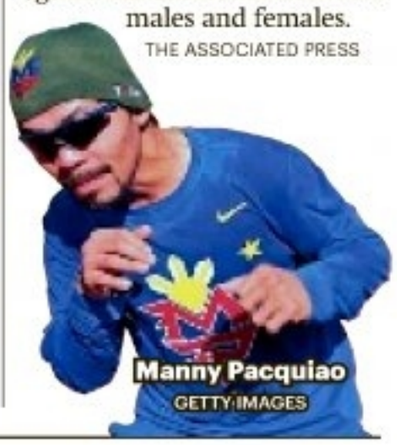
The company issued a release Wednesday saying it has dropped the Filipino boxer after he was quoted as saying gay people "are worse than animals."

Nike called Pacquiao's comments "abhorrent" and said the company strongly opposes discrimination of any kind and has long stood up for the fights of gays.

Pacquiao, who meets Timothy Bradley on April 9 in what could be his last fight, apologized Tuesday for the remarks made a day earlier. In them, Pacquiao said it was just common sense that animals are not gay.

Pacquiao, who is running for a Philippine Senate seat, made the remark in a video posted Monday on local TV5's election site. He also said animals are better than people in same-sex relationships, because they recognize the difference between males and females.

THE ASSOCIATED PRESS



MLB

Pillar wants to bat atop Blue Jays order

The Toronto Blue Jays head into spring training next week without a clear leadoff hitter on their roster.

Centre-fielder Kevin Pillar believes he can fill that void.

"I definitely can see myself batting leadoff," Pillar said in Toronto recently. "It's a role I've been in in the minor leagues.

"Wherever they put me in the lineup my job's to get on base and score runs, allow the big boys to drive me in."

The Blue Jays traded prototypical lead-off man Ben Revere to the Washington Nationals for reliever Drew Storen this off-season. THE CANADIAN PRESS

25

Pillar stole 25 bases and was caught just four times in 2015. He batted .278 with a .314 on-base percentage.

NHL IN BRIEF

Panarin nets hat trick in Hawks' win over Rangers

Rookie sensation Artemi Panarin scored his first hat trick and the Chicago Blackhawks rallied to beat the New York Rangers 5-3 on Wednesday night.

Andrew Desjardins and Andrew Shaw also scored and Corey Crawford made 31 saves to help Chicago hand New York its first regulation loss at home in 11 games. Kevin Hayes, Derick Brassard and Dan Boyle scored for New York.

THE ASSOCIATED PRESS

Avs extend Habs' road woes

Jarome Iginla scored twice, including the go-ahead goal with 2:03 remaining, and the Colorado Avalanche beat the Montreal Canadiens 3-2 on Wednesday night.

Iginla now has 606 career NHL goals.

Erik Johnson also added a short-handed goal for the Avalanche.

Andrei Markov and Lars Eller scored for the Canadiens as they finished winless on a three-game trip. THE ASSOCIATED PRESS

CFL

Eskimos re-sign Oramasionwu

The Eskimos have signed free-agent defensive end Don Oramasionwu.

Oramasionwu has amassed 104 defensive tackles, eight quarterback sacks and three forced fumbles in 101 career CFL games.

He was originally selected by his hometown Winnipeg Blue Bombers in the 2008 CFL draft. The six-foot-two, 290-pound lineman spent three seasons with the Bombers before signing with Edmonton as a free agent on Feb. 15, 2012. He later re-signed on Jan. 28, 2015.

Earlier Wednesday, the Eskimos came to terms with defensive back Neil King.

King, an Edmonton native, played the last three seasons with Hamilton, recording 15 tackles and one quarterback sack.

Prior to being selected by the Tiger-Cats in the 2013 CFL draft, he played four seasons at Saint Mary's University (2009-12). THE CANADIAN PRESS

Real Madrid's Cristiano Ronaldo, centre, celebrates with defender Sergio Ramos, left, and the team's French coach, Zinedine Zidane. ALBERTO PIZZOLI/AFP/GETTY IMAGES

Ronaldo gets Real in Rome

CHAMPIONS LEAGUE

Star ends away goal drought to help Madrid take first leg

Cristiano Ronaldo ended his away scoring drought with an impressive second-half goal as Real Madrid won 2-0 at Roma on Wednesday in the first leg of the Round of 16 in the Champions League.

The victory also marked a successful debut for Zinedine Zidane as Madrid's manager in the elite competition, with the 10-time champion taking a big step toward the quarterfinals.

It was Ronaldo's first goal on the road since Nov. 29, when he scored a penalty against Eibar.

"Everyone expects (Ronaldo) to score and today he was able to," Zidane said. "I'm happy for these two away goals and that we didn't concede any goals."

Shortly before the hour mark, Ronaldo collected a pass up the left flank from Marcelo, rapidly cut inside — moving the ball with a deft flick of his legs — and launched a powerful shot that deflected off Roma fullback Alessandro Florenzi. After scoring, Ronaldo ran toward Zidane and hugged the French great, who replaced Rafa Benitez last month.

Substitute Jese then sealed the victory with an angled shot four minutes from the end after Roma failed to take advantage of several opportunities for an equalizer. At the final whistle, Zidane congratulated each of his players one by one, including those who didn't play.

"It's the players who make the difference and today it was Ronaldo — it's often him — but everyone's contribution is important." It was the 89th career goal in the Champions League for the three-time FIFA world player of the year — adding to his record haul — and his 12th this season. The night's other first-leg match saw Wolfsburg beat AA Ghent 3-2 in Belgium.

THE ASSOCIATED PRESS

CURLING

Hanna-Jones reunion sparks 2005 memories

Jenn Hanna knows what's coming. The Ontario skip is prepared for the reminders of Jennifer Jones's final stone the last time they met at a Canadian women's curling championship.

Up two points coming home without hammer, Hanna's team from Ottawa was on the verge of a national title at the 2005 Scotties Tournament of Hearts in St. John's, N.L.

But Jones made a shot that became part of curling lore. The Manitoba skip deflected the game's final stone off a corner guard outside the rings and rolled to the button to bump out Ontario's shot stone buried behind guards. Jones scored four for the victory and her first Scotties win.

"It's probably the highest I've ever jumped," Jones says now. That walk-off, "in-off" shot has almost two million views on YouTube. It was a shot that altered the futures of both teams.

The television replay of the shot will be back in heavy rotation during the 2016 Canadian championship starting Thursday in Grande Prairie, Alta., as Hanna returns to the Scotties for the first time since 2005.

Ontario and defending champion Jennifer Jones meet in the round robin Feb. 25 at Revolution Place. "Maybe I'll guard the in-off if it gets to that. Just kidding," Hanna said. The national championship starts Thursday with British Columbia, Yukon, Northwest Territories and Nunavut in a pre-qualifying tournament to gain entry into the 12-team main draw starting Saturday.

The top four teams after the preliminary round make the Page playoff. The winner of the Feb. 28 final represents Canada at the women's world championship March 19-27 in Swift Current, Sask. THE CANADIAN PRESS

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8	7	6	5	9	4	1	2	3
1	4	3	6	2	7	9	5	8
7	5	1	2	6	9	8	3	4
6	3	2	7	4	8	5	1	9
9	8	4	3	5	1	2	6	7
2	1	8	4	7	6	3	9	5
4	9	7	1	3	5	6	8	2
3	6	5	9	8	2	4	7	1

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D R A M A D R A D D
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A M A A D R A M A A
D A M M R A M D A M
R A A D A A M M A A
C O R O N A T I O N
S T R E E T M A A D
A D R A M A D M R A

OMG: NETHERLANDS OPENS "POOP BANK"

Dutch researchers have now opened the country's first "poop bank" in a rare and cutting-edge branch of medicine to treat people with chronic gut infections.

"Our poop bank will help give doctors and hospitals access to transplants of fecal matter," Ed Kuijper, professor of microbiology at Leiden University, told AFP.

The Netherlands Donor Feces Bank (NDFB) will collect, store and distribute the stools necessary to help with such transplants.

Often this is the "only solution for people suffering from chronic intestinal infections, and in particular Clostridium difficile (CD)," a bacteria which can develop in patients particularly after lengthy and heavy courses of antibiotics, Kuijper said.

"Certain antibiotics destroy intestinal flora which allows bacteria to develop and spread," he explained.

"Transplants of fecal matter allow healthy bacteria to be put back into the body, which then spread in the intestines and recreate healthy flora in the gut."

There are about 3,000 people diagnosed with CD annually in the Netherlands, and about five percent of cases become chronic. About three to four transplants of fecal material are carried out in the country every month.

Donors must be "in good health, neither too overweight or too skinny and must have good intestinal flora," said Kuijper.

Unlike in the U.S., where the first two poop banks were opened last year, donors are not paid. AFP

Find the words:

DRAMA DRAMA
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CORONATION ST.

WEEKNIGHTS 7:30

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You should feel an easing of the restrictions, especially financial restrictions, that you have been laboring under in recent weeks. However, that is not an excuse to go on a spree.

Taurus April 21 - May 21
You have important things to do and only a limited amount of time in which to do them. But sharing the load with friends and colleagues will mean sharing the rewards as well.

Gemini May 22 - June 21
Keep a cool head and don't let anyone tempt you to do something silly. The planets will put some way-out ideas into your head over the next 24 hours but, on this occasion, they are the kind of ideas you must reject.

Cancer June 22 - July 23
You know you're in the right and you know that no one can stop you from following the path you've chosen to take. So why do you still hesitate?

Leo July 24 - Aug. 23
Money worries seem to be on your mind a lot of late but there is no reason to panic. What is the worst that could happen? And if it did happen, would it really be so bad? Expect some positive financial news.

Virgo Aug. 24 - Sept. 23
You may think you understand what makes a partner tick but something will happen that makes you realize just how little you really know about them. Never mind. You will get the chance to know them better.

Libra Sept. 24 - Oct. 23
Get over the idea that you must do it all on your own, especially on the work front. No matter how ambitious you are you'll reach a point when you can't go further without assistance. Ask for it and you will get it.

Scorpio Oct. 24 - Nov. 22
Know what you're getting yourself in for before backing someone else's creative venture. Just because you trust them does not mean they know what they're talking about.

Sagittarius Nov. 23 - Dec. 21
Minor disagreements could easily get out of hand over the few days, so think before you speak and, if someone says something you do not agree with, don't make an issue of it.

Capricorn Dec. 22 - Jan. 20
It may seem as if the world is ganging up on you but that is an illusion and you know it. Others are not blaming you for what has gone wrong, they are just pointing out where they think you could have done better.

Aquarius Jan. 21 - Feb. 19
Don't worry if your cashflow is weak, because when the Sun changes signs tomorrow you will find new ways to make money. Of course, that will only be of benefit if you don't find ways to immediately spend it!

Pisces Feb. 20 - March 20
The Sun enters your sign tomorrow you will enjoy a surge of energy. Today, however, you should take things easy and make your plans.

CONCEPTIS SUDOKU by Dave Green
Every row, column and box contains 1-9

			5					
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RECIPE Sweet Corn Fritters

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Using pantry staples and a few fresh ingredients, these corn fritters remind us of the goodness of summer's sweet corn on a chilly, wintery night.

Ready in
Prep time: 10 minutes
Total time: 30 minutes
Makes: 14 silver dollar-sized cakes

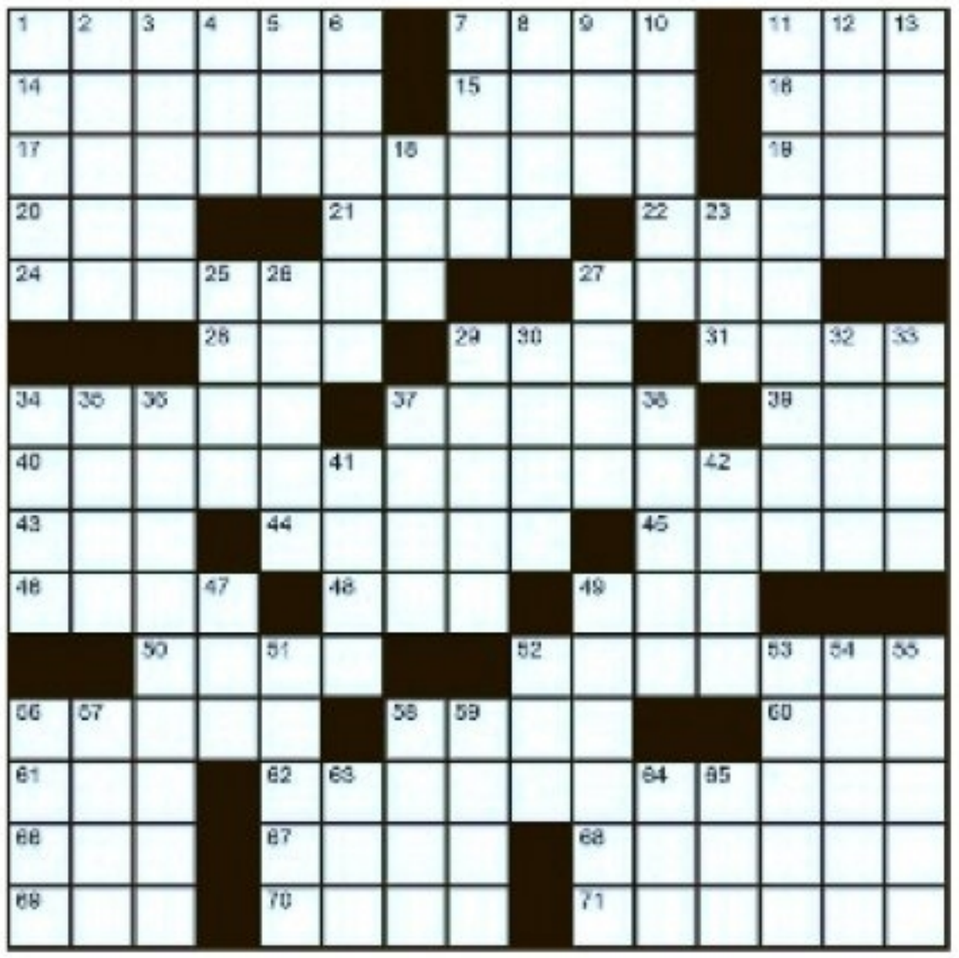
Ingredients
- 2 cups frozen corn
- 2 eggs
- 1 zucchini, grated
- 1 carrot, grated
- 1/4 cup thinly sliced green onion, plus more for garnish
- 1/2 cup spelt flour
- 1/4 tsp salt
- 2 Tbsp grape seed oil

Directions
1. In a medium sized mixing bowl, whisk the eggs and corn together. Stir in the carrot, zucchini and green onion. Add the flour and salt and mix well.
2. Heat oil in a large skillet over medium heat and then drop heaping tablespoons of batter into skillet. Press down on the batter to form a pancake.
3. Cook the pancake until it's golden brown and then flip and cook on the other side.
4. Remove pancakes from the pan and place on paper towel. Serve with sour cream, a sprinkle of green onions and a side salad.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. '80290 _': Brand new album by #7-Across which re-imagines hit tunes from 1980 to 1990
7. Alan _, Canadian singer/songwriter
11. Fellowship [abbr.]
14. Shakespeare: King of Naples in The Tempest
15. 'Chick' suffix
16. Ms. Zadora
17. Shreddies: 2 wds.
19. _ tree
20. Eden lady
21. Life planet perhaps
22. "Someday" on #1-Across was a 1986 hit for #7-Across' band _ Tiger
24. Canadian distiller, Joseph E. _ (b.1841 - d.1919)
27. Nobleman
28. Ballroom judge Mr. Goodman
29. Whoopi Goldberg's Oscar-winning role in "Ghost" (1990), _ Mae Brown
31. "Star Trek" episode, _ Time
34. 1940s jazz
37. Canadian _ Company
39. Trellis plant
40. Area for 'Arrivals' or 'Departures' on CBC show "Hello Goodbye": 2 wds.
43. Pique
44. Symbolic pole
45. Basket-making fibre
46. Virtually
48. "The _ Squad"
49. Mister, in India
50. Retain
52. Error
56. Orange variety
58. Plaintiff
60. Mariner's dir.
61. Mode's 2-word intro
62. "Don't You Forget About Me" on #1-Across was originally a 1985 hit for what band?: 2 wds.
66. 'Oldes' partners in pub names
67. _ out a living
68. In, in other words
69. Established
70. Like Mother Nature's morning coat
71. Music enhancer

DOWN
1. Rushes
2. Student: French
3. _ _ suit (Didn't dress casually)
4. 'Salt' suffix
5. U.S. intelligence org.
6. Sweater sleeve style
7. Jamie of "M*A*S*H"
8. Suggested nutritional amts.
9. 'Velvet' suffix
10. Lemon _ (Food flavourer)
11. Wrigley's gum flavour
12. Petroleums
13. Photography needs, briefly
18. Slamming sound!
23. Farm field
25. Lunchtime lumpful
26. Transplant in the greenhouse
27. Catherine _ (Wife of Henry VIII)
29. Chose
30. Regard
32. President's _ Office
33. Reality star Ms. Richards (Paris Hilton's aunt)
34. "Mission: Impossible" actress Barbara
35. Emerald entity
36. When #17-Across gets served usually
37. Mr. Preminger
38. Mideast chieftains [var. sp.]
41. Lark about
42. Ancient Egyptian goddess
47. NHL official
49. Sea nymphs
51. Alleviated
52. Funnyman Mr. Brooks
53. Luciano Pavarotti's voice
54. Provide, as with a trait
55. Basil/pine nuts sauce
56. T.O. baseballers
57. Sailing side
58. Type of diving duck
59. _-daisy
63. 34th Pres.
64. Word: French
65. 'Meteor' suffix

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